



WORK PLAN

Junior Competition
FIG Event ID: 14778



TRAMPOLINE JUNIOR COMPETITION
AROSA - SWITZERLAND - 24th & 25th June 2016

Updated: 12th June 2016

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1. GENERAL INFORMATION

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

Sports and Conference Center Arosa (Ice Hall)

Poststrasse

7050 Arosa

SWITZERLAND

3. COMPETITION DATES

24th & 25th June 2016

4. RESPONSIBLE PERSONS

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

OK NISSEN CUP 2014

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

- 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

- 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

- 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

- 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

- 18th Mai 2016 was the last date for definitive booking to the OC and deadline for the payment.
- 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 1st 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. ORIENTATION MEETING

- The Orientation Meeting will take place on Thursday June 23rd 2016 at 19.00h 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 Nissen Cup Junior Competition will be given by the Organizing Committee. **The meeting will be held in English only.**

15. DRAWING OF LOTS

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

16. EQUIPMENT

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

17. 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.

18. JUDGES INSTRUCTION AND MEETING

- The judges' instruction, which is **compulsory for all judges**, will take place on Thursday June 23rd 2016 at 19.30h 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 CHF 450.

19. DRAWING OF LOTS FOR JUDGES

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

20. COMPETITION CARDS

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

21. 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.

22. 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.

23. 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.

24. MEDICAL SERVICES & ROOM

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

25. DOPING CONTROL

- Doping controls may be made during the Nissen Cup Junior Competition - 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.

26. 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.

27. WARM UP

- Immediately prior to the **Qualification round and the Finals** each competitor/pair will be allowed **30 seconds** of warm-up on the competition apparatus.

28. COMPETITION ATTIRE

- The competition dress is as per Code of Points

29. VIDEO RECORDING

- All routines and passes will be recorded on videotapes.

30. OPENING CEREMONY

- The short opening will take place Friday June 24th 2016 at 10.00h.

31. AWARD CEREMONIES

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

32. WELCOME RECEPTION

- A Welcome Reception for the head of delegation and the judges will take place on Thursday June 23rd 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.

33. BANQUET

- The banquet will take place on Saturday June 25th 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.
- **Juniors are required to bring a valid Identity Card (ID) or Passport to the banquet.**

34. MORE INFORMATION

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

35. INFORMATION AND CORRESPONDANCE

- 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.

49th Nissen Cup 2016 - Junior Competition

Individual Boys - Nominative

Nbr	Name	Firstname	Federation/Club	Country
1	ARKHIPOV	Maxim	Rostov Region	RUS
2	DOROGIN	Alexey	Rostov Region	RUS
3	WALDNER	Luc	TV Grenchen	SUI
4	NORTHOVER	Rhys	British Gymnastics	GBR
5	STAMP	Andrew	British Gymnastics	GBR
6	AMSLER	Yann	Swiss Gymnastics Federation	SUI
7	LACHAVANNE	Sebastien	Swiss Gymnastics Federation	SUI
8	DOS REIS FERRAZ	Bruno	Swiss Gymnastics Federation	SUI
9	BRUHIN	Loan	Swiss Gymnastics Federation	SUI
10	LO CONTE	Max	Swiss Gymnastics Federation	SUI
11	GALITSKIY	Sergey	Kazakhstan	KAZ
12	GRACHYOV	Igor	Kazakhstan	KAZ
13	TEMIRGALIYEV	Yerkebulan	Kazakhstan	KAZ

49th Nissen Cup 2016 - Junior Competition

Individual Girls - Nominative

Nbr	Name	Firstname	Federation/Club	Country
1	ALEKSEEVA	Anna	Rostov Region	RUS
2	VOLKOVA	Valeriya	Rostov Region	RUS
3	KATRUSHENKO	Ekatarina	Rostov Region	RUS
4	METZGER	Hannah Louise	New Zealand	NZL
5	AYDIN	Sude	Turkish Gymnastics Federation	TUR
6	CURDY	Aurélie	ACVG- CRT	SUI
7	GLASL	Fiona	RLZ Zurich	SUI
8	TEOLDI	Lisa	Swiss Gymnastics Federation	SUI
9	MUSSMANN	Emily	Swiss Gymnastics Federation	SUI
10	CILIBERTO	Moirá	Swiss Gymnastics Federation	SUI
11	HUNZIKER	Sarah	Swiss Gymnastics Federation	SUI
12	KURMANN	Larissa	Swiss Gymnastics Federation	SUI
13	MURGO	Isabella	Italy	ITA
14	MURGO	Margherita	Italy	ITA
15	RYZHKOVA	Vladislava	Krasnodar	RUS
16	SEMEIKHINA	Angelina	Krasnodar	RUS
17	CHEREDNICHENKO	Evgeniia	Krasnodar	RUS
18	CHEREDNICHENKO	Valentina	Krasnodar	RUS

16.06.2016/dm

49th Nissen Cup 2016 - Junior Competition

Synchro Boys - Nominative

Nbr	Name1	First1	Name2	First2	Federation/Club	Country
1	NORTHOVER	Rhys	STAMP	Andrew	British Gymnastics	GBR
2	LACHAVANNE	Sebastien	AMSLER	Yann	Swiss Gymnastics Federation	SUI
3	BRUHIN	Loan	DOS REIS FERRAZ	Bruno	Swiss Gymnastics Federation	SUI
4	GRACHYOV	Igor	TEMIRGALIYEV	Yerkebulan	Kazakhstan	KAZ

49th Nissen Cup 2016 - Junior Competition

Synchro Girls - Nominative

Nbr	Name1	First1	Name2	First2	Federation/Club	Country
1	ALEKSEEVA	Anna	VOLKOVA	Valeriya	Rostov Region	RUS
2	TEOLDI	Lisa	MUSSMANN	Emily	Swiss Gymnastics Federation	SUI
3	CILIBERTO	Moir	HUNZIKER	Sarah	Swiss Gymnastics Federation	SUI
4	MURGO	Isabella	MURGO	Margherita	Italy	ITA
5	RYZHKOVA	Vladislava	SEMENIKHINA	Angelina	Krasnodar	RUS
6	CHEREDNICHEI	Evgeniia	CHEREDNICHENKO	Valentina	Krasnodar	RUS

16.06.2016/dm

Junior Competition – 49th Nissen Cup 2016

Wednesday

All day Arrival of delegations and officials, accreditation

09:00 - 15:50 Free Training

Thursday

All day Arrival of delegations and officials, accreditation

08:00 - 09:20 Junior free training

17:00 - 21:00 Junior free training

19:00 Junior Orientation meeting followed by drawing of lots

19:30 Junior judges meeting and draw

20:30 Welcome Reception (by invitation)

Friday

08:30 - 09:50 Junior synchro general warm up

10:00 - 10:50 Junior synchro - qualification round

20:00 - 21:00 Junior free training

Saturday

08:00 - 09:50 Junior general warming up

10:00 - 12:00 Junior individual - qualification round

12:10 - 12:50 Junior training for finalists

13:00 - 14:30 Junior finals

Individual junior girls & junior boys

Synchro junior girls & junior boys

Junior award ceremony

19:30 Banquet

Sunday

All day Departure of delegations and officials

Last updated 24.02.2016/dm

Complete Schedule 49th Nissen Cup 2016

World Cup & Juniors Competition

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

08:00 - 09:20	Junior free training
09:30 - 17:00	World Cup training per schedule
17:00	Meeting OC & FIG
17:00 - 21:00	Junior free training
18:00	World Cup Orientation
18:30	World Cup judges meeting and draw
19:00	Junior Orientation meeting followed by drawing of lots
19:30	Junior judges meeting and draw
20:30	Welcome Reception (by invitation)

Friday

08:30 - 09:50	Junior synchro general warm up
10:00 - 10:50	Junior synchro - qualification round
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 - 21:00	Junior free training
20:00	Meeting OC & FIG

Saturday

08:00 - 09:50	Junior general warming up
10:00 - 12:00	Junior individual - qualification round
12:10 - 12:50	Junior training for finalists
13:00 - 14:30	Junior finals
	Individual junior girls & junior boys
	Synchro junior girls & junior boys
	Junior award ceremony
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

Junior Competition Training Plan

Version 16.06.16/15:30h

Wednesday 22.06.2016		
Time	Competition Hall	Training Hall
09:00	Free Training	
15:50	End of Training	

Thursday 23.06.2016		
Time	Competition Hall	Training Hall
08:00	Free Training	
09:20	End of Training	
17:00	Free Training	
21:00	End of Training	

Friday 27.06.2014		
Time	Competition Hall	Training Hall
20:00	Free Training	
21:00	End of Training	



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49th Nissen Cup 2016 **Junior Competition Detail Plan** **Friday/Saturday 24/25.06.2016**

Version 16.06.16/23:45h

Competition Area			Warm Up Hall
Time	A	B	
	Friday 24.06.2016		
08:30	General Warm Up		
09:50	End of Warm Up		
	Synchro Boys	Synchro Girls	
10:00	Warm Up Group 1		
10:05	Group 1		Synchro Girls
10:25		Warm Up Group 1	
10:30		Group 1	
10:50	End of Competition		
	Saturday 25.06.2016		
08:00	General Warm Up		
09:50	End of Warm Up		
	Individual Boys	Individual Girls	
10:00	Warm Up Group 1		
10:10	Group 1		Girls Group 1
10:50		Warm Up Group 1	
11:00		Group 1	Girls Group 2
11:25		Warm Up Group 1	
11:35		Group 1	
12:00	End of Competition		



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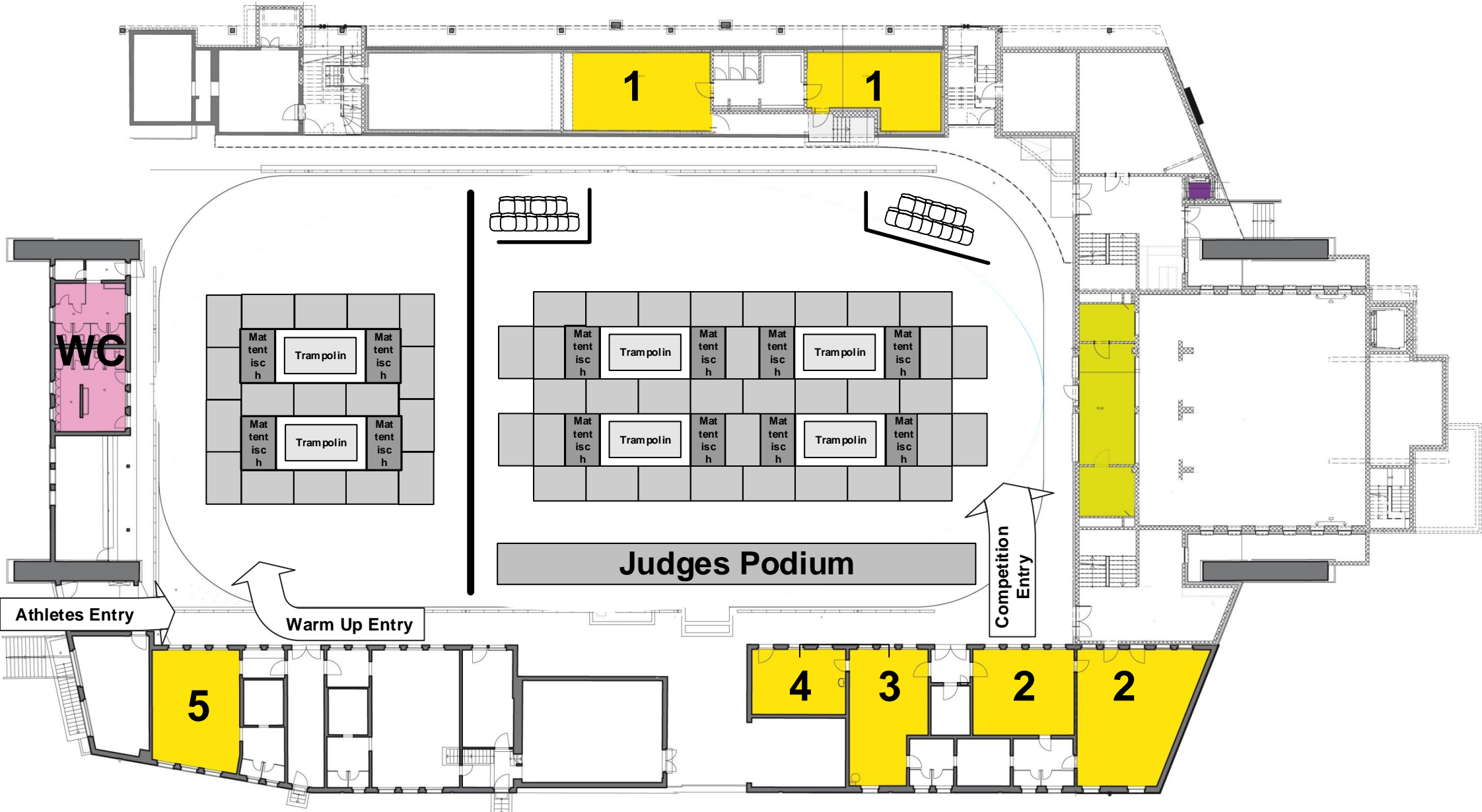
49th Nissen Cup 2016
Finals World Cup & Junior Competition
Saturday 25.06.2016
 Version 12.06.16/10:45h

Finals Junior Competition			
Time	A	B	Warm Up Hall
12:10	Training Finalists Junior Competition		
12:50	End of Training		
13:00		Finals Girls	Finalists Ind. Boys
13:20	Finals Boys		Finalists Syn Juniors
13:40	Warm Up Synchro Finals		Finalists Syn Girls
13:50		Finals Synchro Girls	Finalists Syn Boys
14:05	Finals Synchro Boys		
14:20	Award Ceremony		

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

Nissen Cup Arosa 2016

Intermediate Level

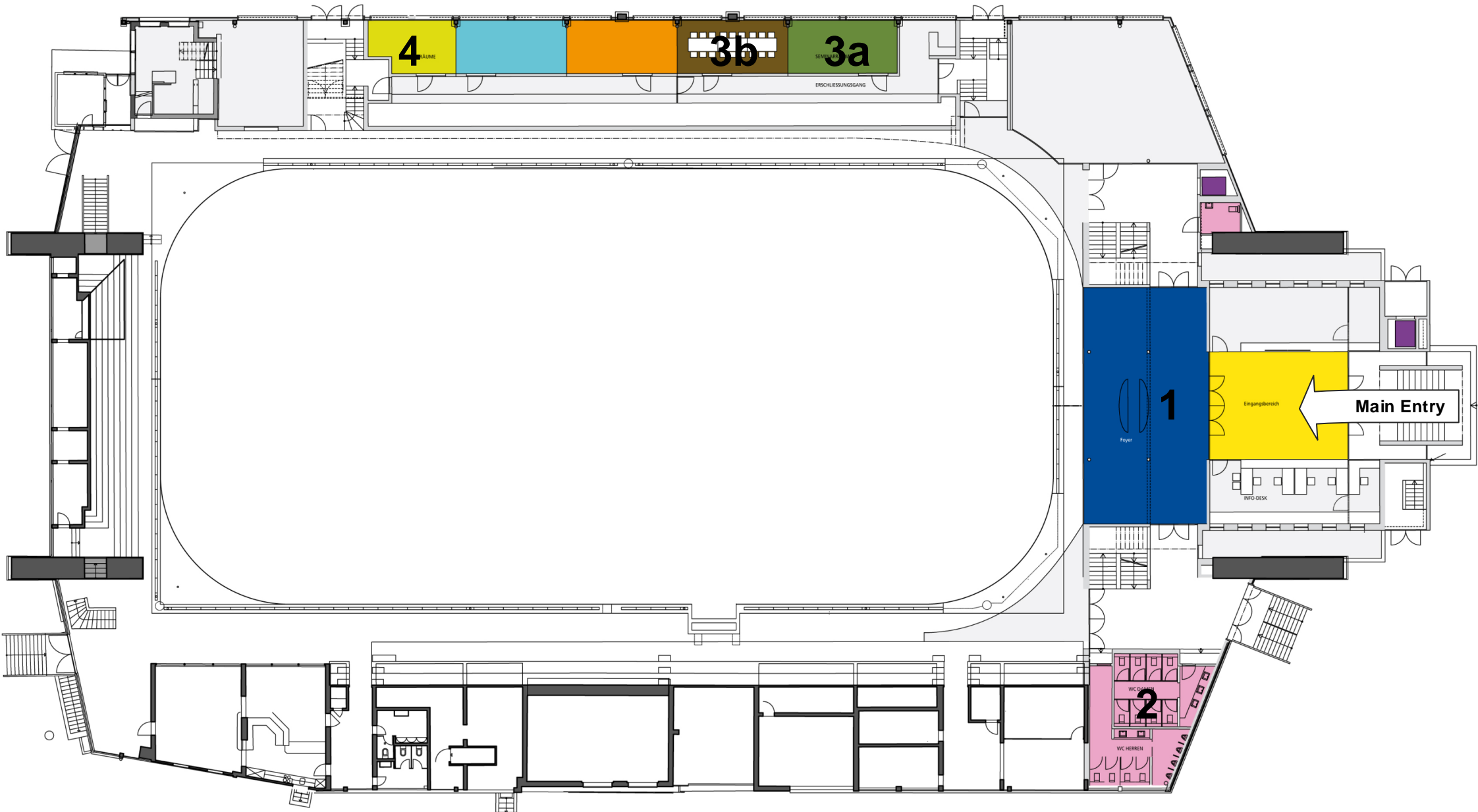


- 1: Ladies Changing Rooms
- 2: Mens Changing Rooms
- 3: Medical + Massage Room

- 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