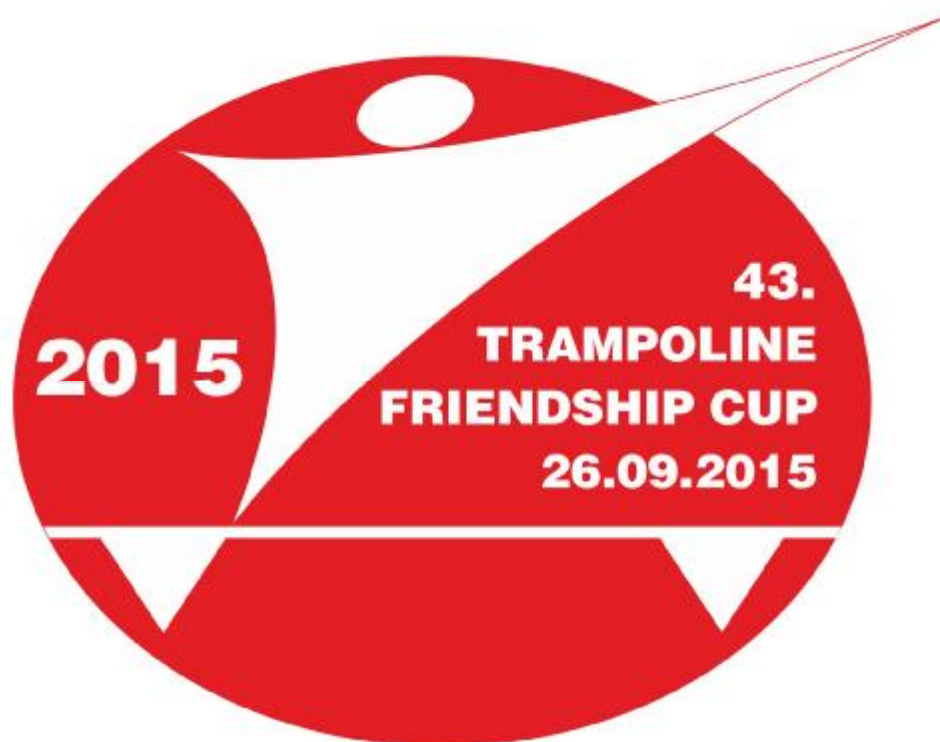


43rd International Trampoline Friendship Cup 2015 (Olympic Hopefuls Competition)



W O R K P L A N



1. Competition Venue

City Sports Hall Jablonec nad Nisou, U Přeřady 4747/20, 466 02 Jablonec nad Nisou, Czech Republic, Tel. (+ 420) 483 368 740, website : www.sportjablonec.cz

2. Accommodation

Hotel Břízky***+, Průběžná 22, 466 04 Jablonec nad Nisou, Czech Republic
Tel.: (+420) 483 737 240, Fax: (+420) 483 317 256, e-mail: hotel@brizky.cz
Website: www.brizky.cz

Hotel Merkur ***, Anenské náměstí 8, 466 01 Jablonec nad Nisou, Czech Republic
Tel.: (+420) 483 312 741, Fax: (+420) 483 311 971, e-mail: recepce@hotelmerkur.cz
Website: www.hotelmerkur.cz

Student hostel SOŠ, Smetanova 66, 466 01 Jablonec nad Nisou, Czech Republic
Entrance from Pod Skalkou street
Tel.: (+420) 483 443 111

The shuttle / bus service connecting the hotels Břízky and Merkur and Sports Hall Jablonec will operate on Friday 25 September 2015 and on Saturday 26 September 2015 (see the timetable in the separate paragraph). Priority for Package A & B.

3. Accreditation

The Accreditation Office will be open on Friday 26 September 2014 in :

- Sports Hall Jablonec nad Nisou, U Přeřady 4747/20, Jablonec nad Nisou 15.00-20.30
- Hotel Merkur ***, Anenské náměstí 8, Jablonec nad Nisou 21.00 and later

5. FIG licences and brevets

All gymnasts and judges should have a valid FIG licence / brevet.

6. Insurance

The Organising Committee, the Czech Gymnastic Federation and the FIG can not be held responsible for any liabilities in the case of accidents, illness and the like. Therefore, all competitors and officials must make their own arrangements for an appropriate insurance (health, accident, etc.). (The FIG licence for gymnasts and FIG brevet for judges includes the insurance - see the FIG Licence Rules, § 7 Insurance and Insurance terms for Athletes and Judges on FIG Intranet).

7. Information Meeting

Brief Information Meeting will be organised for the Heads of Delegations + max. 1 other official per delegation in the Sports Hall on Saturday 26 September 2015 at 09.00 hrs.

8. Dinner Party

The Dinner Party and Disco will take place on Saturday, 26th September 2015 at 22:00-02:00 hours in the Eurocentrum Jablonec nad Nisou, Jiráskova 7, 466 01 Jablonec nad Nisou, Czech Republic (www.eurocentrumjablonec.cz). Casual clothing accepted.

Dinner Party and Disco is included into the accommodation Packages A, B & C. The participants will receive two tickets for soft drink, wine, beer or coffee. The consumption of alcoholic beverages is prohibited until 18 years of age by the Czech law.

Limited number additional Basket tickets can be bought by the participants who did not book the official accommodation package A, B or C for EUR 26,- per person.

9. Meals (Package A & B only)

Dinner on Friday 25 September 2015	19.30-22.00	Hotel Merkur
	20.30-22.00	Hotel Břízky
Lunch on Saturday 26 September 2015	11.30-14.30	Sports Hall restaurant

Dinner and Lunch tickets are obligatory.

10. Equipment

6x Eurotramp Ultimate Trampolines with 4x4 mm beds kindly provided by Eurotramp, 2 for male (individual & synchro 15-16, 17-18 & senior) + 2 for female (individual & synchro 15-16, 17-18 & senior) + 2 for 11-14 competitions. AcroSport TMD (Time and Synchro Measurement Device) will be used.

11. Training Schedule and General Warm-up

Friday 25 September 2015
 15.00 - 21.00 - free training

Saturday 26 September 2015
 08.00 - 09.55 - General Warm-up Girls & Boys 11-12, Boys 13-14, Girls & Boys 15-16 & 17-18
 13.00 - 13.55 - General Warm-up Girls 13-14, Seniors
 17.00 - 17.25 - General Warm-up Finalists
 For synchro warm-up use the free training on Friday please.

12. Judges Trial Scoring

Judges Trial scoring will be organised on Saturday 26 September 2015 at 09.40 hrs. All judges are invited to participate in the trials.

13. Competition Cards and Athletes' Profiles

The competition cards and Athletes' Profiles have to be handed over in the Sports Hall (Competition Secretary desk) on Friday 25 October 2015 until 20.30 hrs.

14. Competition Schedule

Saturday 26 September 2015

10.00 - 13.00 Qualifying Round A		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
10.00 - 10.35	Gr.1	Ind Girls 15-16 (1)	Ind Boys 15-16 (1)	Ind Boys 11-12
10.35 - 11.15	Gr.2	Ind Girls 15-16 (2)	Ind Boys 15-16 (2)	Ind Girls 11-12 (1)
11.15 - 11.50	Gr.3	Ind Girls 17-18 (1)	Ind Boys 17-18 (1)	Ind Girls 11-12 (2)
11.50 - 12.25	Gr.4	Ind Girls 17-18 (2)	Ind Boys 17-18 (2)	Ind Boys 13-14 (1)
12.25 - 13.00	Gr.5			Ind Boys 13-14 (2)
14.00 - 17.00 Qualifying Round B				
14.00 - 14.35	Gr.6	Ind Women	Ind Men (1)	Ind Girls 13-14 (1)
14.35 - 15.10	Gr.7	Syn Girls 15-16	Ind Men (2)	Ind Girls 13-14 (2)
15.10 - 15.45	Gr.8	Syn Girls 17-18	Syn B 15-16+17-18	Ind Girls 13-14 (3)
15.45 - 16.20	Gr.9	Syn Women	Syn Men	Syn B 11-12+13-14
16.20 - 16.55	Gr.10			Syn G 11-12+13-14

17.30 - 20.10 Finals

17.30 - 17.40		<i>Opening ceremony (track suite)</i>		
17.40 - 18.00	Gr.1	Ind Girls 15-16	Ind Boys 15-16	Ind Girls 11-12
18.00 - 18.20	Gr.2	Ind Girls 17-18	Ind Boys 17-18	Ind Boys 11-12
18.20 - 18.40	Gr.3	Ind Women	Ind Men	Ind Girls 13-14
18.40 - 19.00	Gr.4	Syn Girls 15-16	Syn Boys 15-16	Ind Boys 13-14
19.00 - 19.20	Gr.5	Syn Girls 17-18	Syn Boys 17-18	Syn B 11-12+13-14
19.20 - 19.40	Gr.6	Syn Women	Syn Men	Syn G 11-12+13-14
19.40 - 20.45		<i>Winner ceremony (competition attire, medalists only)</i>		

The times can subject to changes according the course of competition. One max. 30 seconds warm-up per competitor / pair prior Qualifying Round and prior Finals.

15. Starting order

The starting order has been decided by draw provided by scoring program. The starting order is published in separate document.

16. Competition Rules

Valid FIG Trampoline Code of Points, Time of Flight, FIG tie-break rules for Qualifying Round and FIG requirements for first routine will be applied.

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.

Finals will start from zero. In finals IOC tie-break rules for individual competition will be applied, in synchronised competition the pair with 1. higher E-score, 2. higher S-score prevails.

First routines :

- Seniors : requirements for first routine for FIG events (FIG A)
- 11-18 categories : requirements for first routine for Juniors (FIG B) or for WAGC (FIG 11-12, 13-14, 15-16, 17-18) related to the age of participant / to the age of the older synchro partner in synchronised competition.

Difficulty limit per element in 11-18 categories as per valid FIG Code of Points and FIG WAGC Rules.

In synchronized senior competitions also the senior / 15-18 category age mix pairs are allowed.

Median deduction of execution judges could be taken as the deduction per element as per § 18.2.5 of FIG Code of Points.

17. Ceremonies

The participants of Opening Ceremony Ceremony (2 participants per delegation, preferably male & female) are asked to wear the national / team track suit; the participants of Winners Ceremony (medalists only) have to wear the competition attire.

All countries participating in the Opening Ceremony are asked to appoint one flag-bearer.

Judges are asked to take part in the Opening Ceremony (on their judges seats) as well.

The participants are asked to assemble in the Assembly Area prior Opening / Winner Ceremony.

18. Competition March-In

The competitors are asked to assemble in the assembly area prior each Competition March In. They have to march-in in the competition attire.

The judges are asked to be on their panel places and welcome the competitors during each Competition March-In.

19. Floor Managers

3 Floor Managers are appointed to assemble the participants / competitors / pairs, organise the opening ceremony, competition and winner ceremony March-In and organise the competitors / pairs in the competition area and during the competition.

20. Medical Care

The physician will be present during the official training and competition.

21. Info Boxes

The Info Boxes will be installed in the Sports Hall near the Competition Secretariat / Judges podium to provide various written information to the delegations.

22. Shuttle Service Schedule (priority for Package A & B)

The shuttle / bus service between the hotels Merkur and Břízky and Sports Hall will operate on Friday 25 October 2015 and on Saturday 26 October 2015 :

Hotel Merkur - Sports Hall - Hotel Břízky / return + Hotel Břízky - Eurocentrum / return

Friday 25.09.2015								
↓	Merkur	14.30	15.30	16.30	17.30	18.30	19.30	20.30
	Venue	14.36	15.36	16.36	17.36	18.36	19.36	20.36
	Břízky	14.41	15.41	16.41	17.41	18.41	19.41	20.41
	Břízky	14.45	15.45	16.45	17.45	18.45	19.45	20.45
	Venue	14.52	15.52	16.52	17.52	18.52	19.52	20.52
	Merkur	14.59	15.59	16.59	17.59	18.59	19.59	21.59

Saturday 26.09.2015										
↓	Merkur	7:35	8:05	8:35	9:05	11:05				
	Venue	7:41	8:11	8:41	9:11	11:11	20:50			
	Břízky	7:46	8:16	8:46	9:16	11:16	20:55			
	Břízky	7:50	8:20	8:50	9:20	11:20				
	Venue	7:57	8:27	8:57	9:27	11:27	21:00	21:15		
	Merkur	8:04	8:34	9:04	9:34	11:34	21:07	21:22		
Saturday 26.09.2015 - Dinner party										
↓	Břízky								21:40	
	Eurocentrum								21:55	
	Eurocentrum								24:00	02:00
	Břízky								00:15	02:15

Bus stops : regular public bus stops Jablonec n.N., Lázně (at hotel Merkur), Jablonec n.N., Plavecký bazén (at venue) and Jablonec n.N., Kamenná (at Eurocentrum) and temporary bus stop Jablonec n.N., Břízky (ask in the hotel reception for more information).

23. General Program

Friday 25 September 2015			
	all day	Arrivals	
	15.00-20.30	Accreditation	Sports Hall
	15.00-21.00	Free Training	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.30-	Accreditation (late arrivals)	Hotel Merkur
	19.30-22.00	Dinner	Hotel Merkur (Package B)
	20.30-22.00	Dinner	Hotel Břízky (Package A)
Saturday 26 September 2015			
	06.30-10.00	Brekfast	Hotel Břízky (Package A)
	06.30-10.00	Breakfast	Hotel Merkur (Package B)
	08.00-09.55	Gen.Warm-up (morning ind comp.)	Sports Hall
	09.00	Information Meeting	Sports Hall
	09.40	Judges Trial Scoring	Sports Hall
	10.00-13.00	Qualification Round A	Sports Hall
	11.30-14.30	Lunch	Sports Hall (Packages A & B)
	13.00-13.55	Gen.Warm-up (afternoon ind comp.)	Sports Hall
	14.00-17.00	Qualifying Round (Seniors Indiv.)	Sports Hall
	17.00-17.25	General Warm-up (Finalists)	Sports Hall
	17.30-20.45	Opening Ceremony, Finals, Awards	Sports Hall
	22.00-02.00	Dinner Party & Disco	Eurocentrum
Sunday 27 September 2015			
	07.00-10.00	Breakfast	Hotels (Package A & B)
	morning/all day	Departures	

24. TV coverage, Web streaming and online results

Czech TV will broadcast the highlights from the competition on Saturday 26 September 2015. The premire broadcasting will be presented.on Sunday 04 October 2015 at 09.15-09.50 hrs at the ČT4 Sports Canal. The video will be available on the Czech TV website after this presentation.

Czech Gymnastics Federation will provide the web streaming links of the competition on the website ČGF - Skoky na trampolíně (<http://trampoliny.cstv.cz/CGFTV.asp>). As 3 sets of trampolines will be used during the competition, 3 separate chanelns will be provided :

- <https://www.youtube.com/watch?v=hEyOJdtKgWM>
- https://www.youtube.com/watch?v=49T_CiVaptM
- <https://www.youtube.com/watch?v=qSteu-CRz3A>

The online results will be available on the internet (<https://sporttech.io>).

25. Organising Committee Message

The Czech Gymnastics Federation, Organising Committee and all supporters and organisers are wishing the success to all participating delegations in the competition and pleasant stay in the city of Jablonec nad Nisou and in the Czech Republic.

26. Organising Committee Emmergency Numbes :

(+420) 602 681 521 (603 162 453)