

# 44<sup>th</sup> International Trampoline Friendship Cup 2016 (Olympic Hopefuls Competition)



## W O R K P L A N



## 1. Competition Venue

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

## 2. Accommodation

Hotel Břízky\*\*\*+, Průběžná 22, 466 04 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 737 240, e-mail: [hotel@brizky.cz](mailto:hotel@brizky.cz), Website: [www.brizky.cz](http://www.brizky.cz)

Hotel Merkur \*\*\*, Anenské náměstí 8, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 312 741, e-mail: [recepce@hotelmerkur.cz](mailto:recepce@hotelmerkur.cz), Website: [www.hotelmerkur.cz](http://www.hotelmerkur.cz)

Hotel Na Baště \*\*\*, Horní nám. 774/5, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 775 658 207, e-mail: [nabaste@iol.cz](mailto:nabaste@iol.cz), Website: [www.hotelnabaste.cz](http://www.hotelnabaste.cz)

Hotel Sport \*\*\*, U Stadionu 9, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 312 270, e-mail: [info@hotelsportjablonec.cz](mailto:info@hotelsportjablonec.cz), Website: [www.hotelsportjablonec.cz](http://www.hotelsportjablonec.cz)

Student hostel SOŠ, Smetanova 66, 466 01 Jablonec nad Nisou, Czech Republic

Entrance from Pod Skalkou street, Tel.: (+420) 483 443 111

Dedicated shuttle / bus service between the hotels Merkur, Na Baště, Sport and Břízky and Sports Hall will operate on Friday 07 October 2016 and on Saturday 08 October 2016. (see the timetable in the separate paragraph). For Accommodation Package A & B only.

## 3. Accreditation

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

- Sports Hall Jablonec nad Nisou, U Přebrady 4747/20, Jablonec nad Nisou 16.00-20.30
- 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 Insurance has to be presented during the Accreditation. (The FIG licence for gymnasts and FIG brevet for judges includes also 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 08 October 2016 at 09.00 hrs.

## 8. Dinner Party

The Dinner Party and Disco will take place on Saturday, 08 October 2016 at 22:00-02:00 hours in the Eurocentrum Jablonec nad Nisou, Jiráskova 7, 466 01 Jablonec nad Nisou, Czech Republic ([www.eurocentrumjablonec.cz](http://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 30,- per person.

### 9. Meals (Package A & B only)

Dinner on Friday 07 October 2016 19.30-22.00 Hotels  
 Lunch on Saturday 08 October 2016 11.00-15.00 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 junior & senior) + 2 for female (individual & synchro junior & senior) + 2 for Individual 11-12 & 13-14 competitions. Acrosport TMD (Time and Synchro Measurement Device) will be used.

### 11. Training Schedule and General Warm-up

Friday 07 October 2016  
 12.00 - 21.00 - free training  
 Saturday 08 October 2016  
 08.00 - 09.55 - General Warm-up Juniors & Girls & Boys 11-12  
 13.00 - 14.25 - General Warm-up Seniors & Girls 13-14  
 18.30 - 18.50 - 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 08 October 2016 at 09.30 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 07 October 2016 until 20.30 hrs.

### 14. Competition Schedule

Saturday 08 October 2016

10.00 - 13.00 Qualifying Round A		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
10.00 - 10.35	Gr.1	Ind Junior Girls (1)	Ind Junior Boys (1)	Ind Girls 11-12 (1)
10.35 - 11.15	Gr.2	Ind Junior Girls (2)	Ind Junior Boys (2)	Ind Girls 11-12 (2)
11.15 - 11.50	Gr.3	Ind Junior Girls (3)	Ind Junior Boys (3)	Ind Girls 11-12 (3)
11.50 - 12.25	Gr.4	Ind Junior Girls (4)	Ind Junior Boys (4)	Ind Boys 11-12 (1)
12.25 - 13.00	Gr.5	Ind Junior Girls (5)		Ind Boys 11-12 (2)
14.30 - 16.20 Qualifying Round B		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
14.30 - 15.05	Gr.6	Ind Sen.Women (1)	Ind Sen.Men (1)	Ind Girls 13-14 (1)
15.05 - 15.45	Gr.7	Ind Sen.Women (2)	Ind Sen.Men (2)	Ind Girls 13-14 (2)
15.45 - 16.20	Gr.8	Ind Sen.Women (3)	Ind Sen.Men (3)	
16.30 - 18.30 Qualifying Round C		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6
16.30 - 17.10	Gr.9	Syn Junior Girls (1)	Syn Junior Boys (1)	Ind Boys 13-14 (1)
17.10 - 17.50	Gr.10	Syn Junior Girls (2)	Syn Junior Boys (2)	Ind Boys 13-14 (2)
17.50 - 18.30	Gr.11	Syn Sen.Women (1)	Syn Sen.Men (1)	

19.00 - 20.30 Finals Trampolines 1&2 Trampolines 3&4 Trampolines 5&6

		Opening ceremony (track suite)		
19.00 - 19.10				
19.10 - 19.30	Gr.1	Ind Junior Girls	Ind Junior Boys	Ind Girls 11-12
19.30 - 19.50	Gr.2	Ind Sen.Women	Ind Sen.Men	Ind Boys 11-12
19.50 - 20.10	Gr.3	Syn Junior Girls	Syn Junior Boys	Ind Girls 13-14
20.10 - 20.30	Gr.4	Syn Sen.Women	Syn Sen.Men	Ind Boys 13-14

20.35 - 20.10 Winner ceremony (*competition attire, medalists only*)

20.35 - 20.40	1	Ind Girls 11-12	/	Ind Boys 11-12
20.40 - 20.45	2	Ind Girls 13-14	/	Ind Boys 13-14
20.45 - 20.50	3	Ind Junior Girls	/	Ind Junior Boys
20.50 - 20.55	4	Ind Sen.Women	/	Ind Sen.Men
20.55 - 21.00	5	Syn Junior Girls	/	Syn Junior Boys
21.00 - 21.05	6	Syn Sen.Women	/	Syn Sen.Men

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. The starting order is available also on the website <https://sporttech.io/events/b65f9903-84b5-4fb1-566d-5647a5c5fca6/ovs/event/TRA>.

### 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)
- Juniors : requirements for first routine for FIG events (FIG B)
- 11-12 & 13-14 AG category : requirements for first routine for WAGC (FIG 11-12, 13-14).

Difficulty limit per element in junior and 11-12 & 13-14 category as per valid FIG Code of Points and FIG WAGC Rules.

17 years old gymnasts / pairs can participate either in senior or in junior category only.

13-14 years old gymnasts / pairs can participate either in junior or in 13-14 AG category only.

In synchronised competition, the age of the older gymnast determines the age group in which the pair must enter.

Median deduction of execution judges will 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 to provide various written information to the delegations.

### 22. Shuttle Service Schedule (for Accommodation Package A & B only)

Dedicated shuttle / bus service between the hotels Merkur, Na Baště, Sport and Břízky and Sports Hall will operate on Friday 07 October 2016 and on Saturday 08 October 2016.

All buses will be identified by the label "A3" and by the name of the target station.

Bus stops : regular public bus stops Jablonec n.N., **Lázně** (at hotel Merkur), Jablonec n.N., **Horní náměstí** (at hotel Na Baště), Jablonec n.N., **Plavecký bazén** (at venue) and Jablonec n.N., **Kamenná** (at Eurocentrum) and temporary bus stops Jablonec n.N., **Břízky** (ask in the hotel reception for more information) and Jablonec n.N., **Sport** (at the parking place near the hotel).

Friday 07 October 2016											
Bus	1	1	1	1	1	1	1	1	1	1	1
Sport				14.25	15.25	16.25	17.25	18.25	19.25	20.25	
Merkur	11.30	12.30	13.30	14.30	15.30	16.30	17.30	18.30	19.30	20.30	
Na Baště	11.33	12.33	13.33	14.33	15.33	16.33	17.33	18.33	19.33	20.33	
Sports Hall	11.38	12.38	13.38	14.38	15.38	16.38	17.38	18.38	19.38	20.38	
Břízky	11.43	12.43	13.43	14.43	15.43	16.43	17.43	18.43	19.43	20.43	
Břízky	11.47	12.47	13.47	14.47	15.47	16.47	17.47	18.47	19.47	20.47	
Sports Hall	11.54	12.54	13.54	14.54	15.54	16.54	17.54	18.54	19.54	20.54	
Na Baště	11.58	12:58	13.58	14.58	15.58	16.58	17.58	18.58	19.58	20.58	
Merkur	12.02	13.02	14.02	15.02	16.02	17.02	18.02	19.02	20.02	21.02	
Sport				15.07	16.07	17.07	18.07	19.07	20.07	21.07	

Saturday 08 October 2016												
	Bus	1	2	1	2	1	2	1	1	2	1	1
	Sport		7.40		8.10		8.40			10.55		17.45
	Merkur	7.30	7.45	8.00	8.15	8.30	8.45	9.00	10.45	11.00		17.50
	Na Baště	7.33	7.48	8.03	8.18	8.33	8.48	9.03	10.48	11.03		17.53
	Sports Hall	7.38	7.53	8.08	8.23	8.38	8.53	9.08	10.53	11.08	14.15	17.58
	Břízky	7.43		8.13		8.43	8.58	9.13	10.58		14.20	18.03
	Břízky	7.45		8.15		8.45	9.00	9.15	11.00		14.22	18.05
	Sports Hall	7.50		8.20		8.50	9.05	9.20	11.05		14.30	18.10
	Merkur	7.59		8.29		8.59					14.36	
	Sport		8.03		8.33						14.51	
	Bus	2	1	1	Bus	2	1	2	1	1	1	
	Sports Hall	21.10		21.30	Sport		22.10		22.20			
	Břízky	21.15		21.35	Břízky	22.00		22.20				
	Sports Hall	21.20	21.15	21.40	Eurocentrum	22.10	22.15	22.30	22.25	24.00	02.00	
	Na Baště		21.19	21.44	Sport						00.05	02.05
	Merkur		21.23	21.48	Eurocentrum						00.15	02.15
	Sport	21.30		21.53	Břízky						00.25	02.25

### 23. General Program

Friday 07 October 2016			
	all day	Arrivals	
	12.00-21.00	Free Training	Sports Hall
	16.00-20.30	Accreditation	Sports Hall
	-20.30	Competition cards, Profiles	Sports Hall
	21.30-	Accreditation (late arrivals)	Hotel Merkur
	19.30-22.00	Dinner	Hotels (Package A & B)
Saturday 08 October 2016			
	06.30-10.00	Brekfast	Hotels (Package A & B)
	08.00-09.55	Gen.Warm-up (morning ind comp.)	Sports Hall
	09.00	Information Meeting	Sports Hall
	09.30	Judges Trial Scoring	Sports Hall
	10.00-13.00	Qualification Round A	Sports Hall
	11.00-15.00	Lunch	Sports Hall (Packages A & B)
	13.00-14.25	Gen.Warm-up (afternoon ind comp.)	Sports Hall
	14.30-16.20	Qualifying Round B	Sports Hall
	16.30-18.30	Qualifying Round C	Sports Hall
	18.30-18.50	General Warm-up (Finalists)	Sports Hall
	19.00-21.05	Opening Ceremony, Finals, Awards	Sports Hall
	22.00-02.00	Dinner Party & Disco	Eurocentrum
Sunday 09 October 2016			
	07.00-10.00	Breakfast	Hotels (Package A & B)
	all day	Departures	

### 24. TV coverage, Web streaming and online results

Czech TV will broadcast the highlights from the competition on Saturday 08 October 2016. The premiere broadcasting will be presented on Thursday 13 October 2016 at 18.25-19.05 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 channels will be provided.

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 Emergency Numbers :**

(+420) 602 681 521 (606 177 323)