



**52nd Nissen Cup 2024
Junior Competition
Trampoline
Arosa – Switzerland
27TH to 29TH June 2024**



DIRECTIVES

Event ID: 17673

Dear FIG affiliated Member Federation,

The Swiss Gymnastics Federation has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

DISCIPLINE	Trampoline Gymnastics
HOST FEDERATION	SWISS GYMNASTICS FEDERATION Silvia Füglistaler Secretary of elite sport Bahnhofstrasse 38 CH- 5000 Aarau SWITZERLAND Phone: +41 62 837 82 42 E-Mail: silvia.fueglistaler@stv-fsq.ch Website: www.stv-fsq.ch
LOCAL ORGANIZING COMMITTEE	OK NISSEN CUP 2024 Arosa Tourism Sports and Conference Centre CH-7050 Arosa SWITZERLAND Phone: +41 81 378 70 29 Fax: +41 81 378 70 21 E-mail: event@arosa.swiss Technical Contact Address: Swiss Gymnastics Federation Daniel Meier, Phone: +41 79 405 75 93 E-Mail: nissencup@swiss-trampoline.org
LOCATION	Arosa, Switzerland
DATE	From 27th to 29th June 2024
VENUE	Sports and Conference Centre Arosa 7050 Arosa, Switzerland The official training sessions and the warm up for competition take place at the sport facility within the Sports and Conference Centre Arosa
APPARATUS SUPPLIER	Please refer to the attached list
RULES AND REGULATIONS	The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives: <ul style="list-style-type: none">• Statutes• Code of Ethics• Code of Conduct• Technical Regulations• Code of Discipline• Code of Points and relevant Newsletters• General Judges' Rules• Specific Judges' Rules• Anti-Doping Rules• Licence rules (except for non-competitive events)

	<ul style="list-style-type: none"> • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p>and subsequent decisions of the FIG Executive Committee</p>						
FEDERATIONS INVITED	<p>The Organizing Member Federation will invite all Member Federations according to the following principles:</p> <p>Gymnasts from FIG affiliated federations and clubs from those federations. If the entries are made by a club of these federations, the acceptance for participation of the respective national federation, according to the FIG rules, is needed.</p> <p>Please note that as per FIG regulations, junior gymnasts must be between 13 to 16 years old (between 2008 and 2011).</p>						
AGE LIMITS	<p>TRA: Juniors 13 to 16 years old</p> <p>Age Groups:</p> <ul style="list-style-type: none"> • Individual 13-14 Girls • Individual 13-14 Boys • Individual 15-16 Girls • Individual 15-16 Boys • Synchro 13-16 Girls • Synchro 13-16 Boys <p>All gymnasts must have a valid FIG licence until the end of the event.</p>						
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event.</p> <p>Each federation/club must provide at least the following number of judges with a valid FIG brevet:</p> <table> <tr> <td>1-10 gymnasts</td> <td>= 1 judge</td> </tr> <tr> <td>11-20 c gymnasts</td> <td>= 2 judges</td> </tr> <tr> <td>As from 21 gymnasts</td> <td>= 3 judges</td> </tr> </table> <p>Delegations not complying with these rules are required to pay CHF 450.- upon arrival per missing judge. The judges are to be named on your nominative entry form. All judges must participate in the judges' meetings. If a judge fails to participate in the judges meeting, the delegation must pay the fine for failure to send a judge.</p> <p>- For Judges Requirements, please see "General Judges Rules"</p>	1-10 gymnasts	= 1 judge	11-20 c gymnasts	= 2 judges	As from 21 gymnasts	= 3 judges
1-10 gymnasts	= 1 judge						
11-20 c gymnasts	= 2 judges						
As from 21 gymnasts	= 3 judges						
REGISTRATION DEADLINES	<p>Definitive and nominative registrations must be completed by entering the respective forms to the host federation and the organizing committee.</p> <table border="1"> <tr> <td>Definitive registration:</td> <td>17th April 2024</td> </tr> <tr> <td>Nominative registration</td> <td>22nd May 2024</td> </tr> </table>	Definitive registration:	17th April 2024	Nominative registration	22nd May 2024		
Definitive registration:	17th April 2024						
Nominative registration	22nd May 2024						
ENTRY FEES	<p>The Entry fee for this event will be:</p> <p>Individual: CHF 48.00 per gymnast</p> <p>Synchro: CHF 48.00 per synchro pair</p>						
ACCREDITATION	<p>Each delegation will be taken to the accreditation desk upon arrival. The following items will be checked there:</p> <ul style="list-style-type: none"> - Total payment of costs due to the OC and / or the FIG - Passports, Names and Date of Birth of the entire delegation - FIG Licence of the athletes - Insurance – every delegation member needs a valid insurance - National anthem (on Memory Stick or CD) 						

	<p>Should a gymnast not be able to show his/her FIG Licence at accreditation, the Organizing Committee may check on the official FIG website whether the respective gymnast has a valid license or not. If this can be verified in due time by the Organizing Committee, the gymnast may participate in the competition against payment of a fee of CHF 20.- to the Organizing Committee.</p> <p>The accreditation cards will identify individuals participating in the event and indicates that these individuals are permitted access. Please always wear your accreditation visibly.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>
EVENT FORMAT	<p>Categories</p> <p>Trampoline Individual</p> <ul style="list-style-type: none"> • Junior Girls 13-14 • Junior Boys 13-14 • Junior Girls 15-16 • Junior Boys 15-16 <p>Trampolin Synchro</p> <ul style="list-style-type: none"> • Junior Girls 13-16 • Junior Boys 13-16
PROVISIONAL SCHEDULE	<p>Wednesday June 26th, 2024 All day Arrival of delegations and officials, accreditation 09.00 - 15.50 Free training</p> <p>Thursday June 27th, 2024 All day Arrival of delegations and officials, accreditation 08.00 - 08.50 Junior free training 14.00 Junior Orientation meeting 14.30 Junior judges meeting and draw 16:40 - 17:20 Junior general warm up 17:30 - 22:00 Junior individual 13-14 & 15-16 - qualification</p> <p>Friday June 28th, 2024 14:35 - 15:25 Junior training & general warm up 15:35 – 17:20 Junior synchro – qualification</p> <p>Saturday June 29th, 2024 12:00 - 12:40 Junior training for finalists 12:50 - 15:20 Junior finals Individual junior 13-14 & 15-16 girls & boys Synchro junior girls & junior boys Junior award ceremony 19.30 Banquet</p> <p>Sunday June 30th, 2024 All day Departure of delegations and officials</p> <p>The detailed schedule will be sent to you by the beginning of June 2024.</p>
EVENT MANAGER	<p>Competition Director: Daniel Meier, Tel: +41 79 405 75 93 e-mail: nissencup@swiss-trampoline.org</p>
MEDICAL SERVICES	<p>Medical Service will be provided by the organizing committee during training and competitions</p>
COVID 19	<p>The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.</p>
VISA	<p>Please verify immediately with your travel agent or the Swiss Embassy or Consulate in your country if a visa is required for your travel to Switzerland. The Organizing Committee will be happy to assist each delegation member</p>

	with an official invitation letter, provided that the request is made before 17th April 2024 . The request must include the full name, date of birth, gender, function, passport number, passport expiry date, and the arrival and departure dates of the delegation member as well as the city the visa application letter must be sent to.
INSURANCE	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>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.</p> <p>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p> <p>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 insurance cover must inform the LOC in advance.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: CHF 170.- per person.</p>
SAFEGUARDING	<p>From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations/clubs must pay for the travel costs of their delegation members.</p> <p>The Travel Schedule Form must be returned to the OC by 22nd May 2024.</p>
LOCAL TRANSPORTATION	<p>The organizing committee will provide organized transportation from Zurich Airport to Arosa and back to Zurich Airport. Cost per person is CHF 120.- and must be added for all team members which require transportation.</p> <p><u>Important information:</u></p> <p>Arrival day: The last organized transport from Zurich Airport train station with connection to Chur and Arosa will leave at 21:00h.</p> <p>Departure day: Please note that your flight departure should be after 11:30h. because of the train connection from Arosa*</p> <p>*Early morning transfer by bus to Zurich Airport can be arranged on request (with additional costs to be paid by the requesting federation)</p> <p>How to get to Arosa:</p> <p>Please allow about 3 hours travel time from Zurich Airport to Arosa by train/car/coach.</p> <p>by train: From Zurich Airport – Intercity trains to Chur, then by Rhaetian Railway in 60 minutes to Arosa</p> <p>by car: Motorway A3 direction Sargans (A13) – Chur, then about 45-minute drive up a winding mountain road (30 kilometres). Car Rentals at the Airport possible</p> <p>For route planning see: http://maps.google.ch</p>

	<p>For federations which wish to organize their own travel to Arosa please take note of the following restrictions for buses/coaches: the maximum width is 2,3m; maximum height is 4m; and the max. weight is 18 tons. Precise arrival and departure schedules for all team members must accompany the Nominative Entry. The deadline for non-reimbursement of the transportation costs is 5th June 2024</p>
<p>ACCOMMODATION</p>	<p>Accommodation is offered in hotels and a low-cost option “Backpackers”. Only a limited number of single and triple rooms are available. Reservations are made on first come first served basis. The Organizing Committee is reserving the right to change reservations into other room compositions, in which case the relevant Club/Federation will be informed. They will have to pay the additional costs.</p> <p>Important note: For lodging at the same hotels as the World Cup Competitors, the hotel prices are valid as announced in the “Directives” for the 2024 FIG World Cup Competition in Arosa. Please do not hesitate to contact the organizing committee in case of any questions.</p> <p>Accommodation prices include local public transport in Arosa, hotel, breakfast, and dinner (“Backpackers” Option: no dinner included).</p> <p>4 Star Hotel (Option 1) The costs per person/night in this hotel are as follows: CHF 196.- single room (including breakfast, dinner, and banquet) CHF 160.- double room (including breakfast, dinner, and banquet) Triple rooms on request</p> <p>3 Star Hotel (Option 2) The costs per person/night in this hotel are as follows: CHF 171.- single room (including breakfast, dinner, and banquet) CHF 145.- double room (including breakfast, dinner, and banquet) CHF 135.- triple room (including breakfast, dinner, and banquet)</p> <p>“Low-Cost Option” Backpacker’s (Only a limited number of beds are available on request): CHF 70.- per person/night in double, triple, quadruple rooms all with shared bathrooms (including breakfast only).</p> <p>All reservations must be made with the enclosed booking forms.</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 17th April 2024 at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The invited participating federations/clubs must pay for the accommodation expenses of their delegation members. The costs for the accommodations must be paid to the LOC by 22nd May 2024</p> <p>The accommodation is only refundable, provided cancellations are made at least prior to 5th June 2024.</p>
<p>MEALS</p>	<p>The above-mentioned accommodation prices include breakfast, dinner, and banquet. The “low-cost hotel” option only includes breakfast (dinner and banquet can be ordered on special request to the OC). Additional meals (lunch) can be ordered for CHF 25.- with the entry forms or can be bought at the accreditation desk after arrival. The Meals Form must be returned to the LOC by 22nd May 2024 at the very latest and the costs for the meals must be paid to the LOC by 22nd May 2024.</p>

	<p>The invited participating federations/clubs must pay for the meals, expenses of their delegation members. The deadline for non-reimbursement of accommodation, meals, and banquet, is 5th June 2024</p>																								
CANCELTION POLICY	<p>The entry fee is not refundable. The accommodation is only fully refundable, provided cancellations are made at the very latest until 5th June 2024. Late entries and entries without payment of entry fee and accommodation will not be accepted.</p>																								
FINAL BANQUET	<p>On Saturday 29th June 2024 at 19:30h a banquet is planned. Additional tickets for the banquet can be ordered for CHF 30.00 with the entry forms. Please note: In accommodation option 1 + 2 the banquet is already included. The tickets of the Final Banquet (if not included in the accommodation option) must be paid to the LOC by 22nd May 2024</p>																								
BANK ACCOUNT INFORMATION	<p>At the time of the nominative entry (22nd May 2024) 100% of the accommodation, meal & transport costs and 100% of the entry fee must be paid to this bank account: Payment in CHF only</p> <p>Arosa Tourismus Graubündner Kantonalbank, CH-7001 Chur SWIFT-Code: GRKBCH 2270A IBAN: CH53 0077 4210 1941 6900 0</p> <p>Please integrate the payment's purpose as follows: "Nissen Cup Juniors, NAME of participating federation or club"</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>																								
MARKETING MEDIA	<p>FIG advertising and publicity norms must be respected</p> <p>Local Press Officer: TBC, Arosa Tourismus Phone +41 (81) 378 70 45 Email: medien@arosa.swiss</p>																								
SOCIAL MEDIA	<p>Facebook: https://www.facebook.com/NissenCup/</p>																								
DEADLINES SUMMARY	<table border="1"> <tr> <td>Definitive Registration</td> <td>17th April 2024</td> </tr> <tr> <td>Nominative Registration</td> <td>22nd May 2024</td> </tr> <tr> <td>Accommodation Form</td> <td>17th April 2024</td> </tr> <tr> <td>Travel Schedule Form</td> <td>22nd May 2024</td> </tr> <tr> <td>Visa Request Form</td> <td>17th April 2024</td> </tr> <tr> <td>Meals Form</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the Entry Fee</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the Accommodation Costs</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the local transportation</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the Meals</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the Final Banquet</td> <td>22nd May 2024</td> </tr> <tr> <td>Payment of the fine for missing judge</td> <td>22nd May 2024</td> </tr> </table>	Definitive Registration	17 th April 2024	Nominative Registration	22 nd May 2024	Accommodation Form	17 th April 2024	Travel Schedule Form	22 nd May 2024	Visa Request Form	17 th April 2024	Meals Form	22 nd May 2024	Payment of the Entry Fee	22 nd May 2024	Payment of the Accommodation Costs	22 nd May 2024	Payment of the local transportation	22 nd May 2024	Payment of the Meals	22 nd May 2024	Payment of the Final Banquet	22 nd May 2024	Payment of the fine for missing judge	22 nd May 2024
Definitive Registration	17 th April 2024																								
Nominative Registration	22 nd May 2024																								
Accommodation Form	17 th April 2024																								
Travel Schedule Form	22 nd May 2024																								
Visa Request Form	17 th April 2024																								
Meals Form	22 nd May 2024																								
Payment of the Entry Fee	22 nd May 2024																								
Payment of the Accommodation Costs	22 nd May 2024																								
Payment of the local transportation	22 nd May 2024																								
Payment of the Meals	22 nd May 2024																								
Payment of the Final Banquet	22 nd May 2024																								
Payment of the fine for missing judge	22 nd May 2024																								

Sincerely Yours,

Aarau, January 9th, 2024



Swiss Gymnastics Federation
Kurt Hunziker, Secretary General a.i.