

FEDERATION INTERNATIONALE DE GYMNASTIQUE



# **PARKOUR WORLD CUP Coimbra (POR)**

**13-15 September 2024**



## **WORK PLAN**

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## 0. FOREWORD

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The Workplan for the FIG Parkour World Cup in Coimbra (POR) to be held from 13 September 2024 to 15 September 2024 (competition days) has been developed between the FIG Headquarters, the Parkour Commission and the LOC in accordance with the following FIG regulations and rules (as valid in 2024):

- Statutes
- Technical Regulations
- Judge's Rules (General and Specific)
- PK Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organisation of the Official FIG Competitions
- Anti-doping Rules
- Media Guideline
- License Rules
- Code of Ethics
- Code of Discipline
- and subsequent decisions of the FIG Executive Committee and Parkour Commission

All participating Federations and athletes commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the athletes, as well as the respective Regulations concerning "Insurance" art. 11.10 of the Technical Regulations.

## 1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

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Fédération Internationale de Gymnastique (FIG)

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website: <http://www.gymnastics.sport/site/>

### FIG Officials

President of the FIG Parkour Commission	Charles Perrière
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### FIG Staff

PK Sports Events Manager	Jakub Koslacz
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## 2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)

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### **Gymnastics Federation of Portugal**

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### **Associação Académica de Coimbra**

Secção de Ginástica

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Contact Person: **Jorge Abrantes**

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website: <http://coimbragymfest.org/en/home/>

## 3. PROVISIONAL PROGRAMME

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**Note: No athlete may enter the field of play outside of his/her designated training or competition times. There is also no training permitted once the event is concluded. Non-compliance could lead to disqualification from the competition and/or FIG disciplinary action.**

### **Wednesday, 11<sup>th</sup> September 2024**

Arrival of Delegations

### **Thursday, 12<sup>th</sup> September 2024**

08:00-09:00 Orientation meeting

10:00-11:00 Training Speed Men Group 1

11:00-12:00 Training Freestyle Men Group 1

12:00-13:00 Training Speed Men Group 2

13:00-14:00 Training Freestyle Men Group 2

14:00 -15:00 Training Speed Women Group 1

15:00-16:00 Training Freestyle Women Group 1

16:00-17:00 Training Freestyle Women Group 1

17:00-18:00 Training Freestyle Women Group 2

### **Friday, 13<sup>th</sup> September 2024**

08:30-09:30 Training Speed Women Group 1

09:30-10:30 Training Speed Women Group 2

10:30-11:30 Training Speed Freestyle Men Group 1

11:30-12:30 Training Speed Freestyle Men Group 2

12:30–13:00 Opening Ceremony

13:00-13:30 Warm-Up Speed Women

13:30-14:00 Qualification Speed Women

14:00-14:30 Warm-Up Freestyle Men First Part

14:30-16:30 Qualification Freestyle Men First Part  
16:30-17:00 Warm-Up Freestyle Men Second Part  
17:00-19:00 Qualification Freestyle Men Second Part

### **Saturday, 14<sup>th</sup> September 2024**

08:00 - 09:00 Training Freestyle Women  
09:00 - 10:00 Training Speed Men Group 1  
10:00 - 11:00 Training Speed Men Group 2  
11:00 - 11:30 Warm-Up Freestyle Women  
11:30 - 12:30 Qualification Freestyle Women  
12:30 - 13:00 Warm-Up Speed Men  
13:00 - 15:00 Qualification Speed Men  
15:00 - 16:00 Training Speed Women  
16:00 - 17:00 Training Freestyle Men  
17:00-17:15 Touch Warm-Up Speed Women  
17:15-17:30 Semi-Final Speed Women  
17:30-17:45 Touch Warm-Up Freestyle Men  
17:45-18:15 Final Freestyle Men  
18:15-18:30 Touch Warm-Up Speed Woman  
18:30-18:45 Final Speed Woman  
18:45-19:00 Award Ceremony  
16:30-17:00 Warm-Up Freestyle Men Second Part  
17:00-19:00 Qualification Freestyle Men Second Part

### **Sunday, 15<sup>th</sup> September 2024**

10:00-11:00 Training Speed Men  
11:00-12:00 Training Freestyle Women  
  
14:00-14:30 Warm-Up Speed Men  
14:30-15:00 Warm-up Freestyle Women  
15:00-15:15 Touch Warm-Up Speed Men  
15:15-15:30 Semi-Final Speed Men  
15:30-15:45 Touch Warm-Up Freestyle Women  
15:45-16:15 Final Freestyle Women  
16:15-16:30 Touch Warm-Up Speed Men  
16:30-16:45 Final Speed Men  
16:45-17:00 Award Ceremony

- **Monday, 16<sup>th</sup> September 2024**

Departure

#### **4. SITE, PODIUM AND OBSTACLES**

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The podium has a dimension of 45x10x1m  
The obstacles are provided by Ruster  
A warm-up / stretching area is located next to the podium.

#### **5. TRANSPORTATION AND VISAS**

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Please refer to the directives for details on International Transportations and Visas.

##### **Arrivals/Departures**

International Arrivals/Departures - Porto Airport

- Full Pack Accommodation or Separate Items (transport) - Transportation provided by LOC, on September 11 (arrival) and September 16 (departure);

- Arrivals and departures on other days or using Lisbon airport should consult:

--- Train -

<https://www.cp.pt/passageiros/en/buy-tickets>

--- Bus -

<https://rede-expressos.pt/en/timetables>

Urban transport

- Hotel Vila Galé Coimbra, Hotel Dona Inês and Hotel D. Luís - dedicated urban transfer with continuous circulation and timetable to be provided;

- River Suites, Ibis Hotel and Hotel Vitória - No transportation will be available between the hotel and the FoP (10 minutes' walk).

#### **6. ACCREDITATIONS**

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Access to the area Field of Play dedicated to Parkour will be given only to authorized persons (accreditation).

The accreditation is personal, non-transferable and compulsory to control access to training, competition area. It identifies individuals participating in the Parkour World Cup and ensures controlled access to each area. All participants and officials are required at all times, to wear Accreditation Cards and respect those personnel responsible for monitoring entry.

Accreditation will take place upon arrival on site.

Plan to access to the accreditations area is in the Appendix.

The FIG Accreditation Rules will be strictly applied, notably as far as the number of accreditations per federations is concerned. Any additional person is considered as a spectator.

Accreditations will not be delivered unless all financial and insurance obligations have been met.

Please present to the accreditation with your passport or ID. Copies of the delegation member's valid passport will be made by the LOC. Please refer to the FIG license rules for further information.

In case of lost or stolen accreditation, the Organising Committee must be informed immediately to block the accreditation. Lost or stolen accreditations may be replaced at the charge of the card holder (€ 50).

The FIG Accreditation rules have to be strictly respected. This accreditation may not be transferred during an event.

## 7. MEETINGS AND OTHER EVENTS

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### Orientation Meeting

The Orientation Meeting held in English will take place **Thursday 12 September 2024 at 8:00 am** (Appendix). The drawing of lots for the starting order will take place at the end of the Orientation meeting.

Important and detailed information concerning the organisation will be provided by the FIG.

**Participation is compulsory** for 1 representative maximum per National Federation (athletes, heads of delegation or coaches).

### Judges' Instructions, Briefings.

All the judges are required to take part in this instruction and in all subsequent briefings. Judges who do not participate will not be authorised to judge.

## 8. INSURANCE

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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.

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 repatriation for all the members of their Delegation.

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.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay

Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 45€ (forty-five euros) per person/day.

## 9. ACCOMMODATIONS

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The cost is person/night and includes (Package):

- Room
- Breakfast (Hotel) + lunch + dinner
- Banquet
- Transfer from Porto Airport to Hotel/ Field of Play and back
- Daily transportation from Hotel to Field of Play and back

### Hotel Vila Galé Coimbra \*\*\*\*

The costs in this hotel are as follows (the cost is per person/night)

185€ (single)

155€ (double)

140€ (triple)

**Hotel Dona Inês \*\*\*\***

The costs in this hotel are as follows (the cost is per person/night)

175€ (single)

150€ (double)

135€ (triple)

**Hotel D. Luís \*\*\***

The costs in this hotel are as follows (the cost is per person/night)

160€ (single)

135€ (double)

115€ (triple)

**River Suites \*\*\* / Hotel Mondego \*\*\* (walk distance)**

The costs in this hotel are as follows (the cost is per person/night)

160€ (single)

135€ (double)

115€ (triple)

**Ibis Hotel \*\* / Hotel Vitória \*\* (walk distance)**

The costs in this hotel are as follows (the cost is per person/night)

145€ (single)

130€ (double)

105€ (triple) (only Hotel Vitória)

The accommodation is at the costs of the National Federations for their participants (except the athletes invited by the FIG).

For the invited athletes, rooms are booked and paid by FIG.

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## 10. NATIONAL IDENTIFICATION

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All competitors must show an identification of their country on their competition attire.

This identification must be according to the following guidelines:

- be in the form of a flag (in official colours) or the country name (not to be combined). The country name can be abbreviated with the FIG 3-letter federation code or in full
- the minimum overall area is 30 sq.cm – the national emblem or crest, if the country has one, or its coat of arms, may be worn in addition to the required flag or country name
- the uniform may be designed in the national colours and portray the national identity in addition to the required flag or country name
- National identification must appear on the athlete at least one time, with no limit to frequency – Placement is optional
- The athlete's name may not appear on the uniform
- be in the form of a badge, sewn on, or affixed by numerous other methods in a safe and secure manner

The identification may appear as follows:

- Men's competition shirt: anywhere
- Men's shorts or pants: anywhere
- Women's competition shirt: anywhere
- Women's shorts or tights: anywhere

National identification is not advertising. The national identification size on the track suit is not regulated



## 11. COMPETITION

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Competitions will be conducted in accordance with the 2024 FIG Technical Regulations including Section 7 for PK, the current PK COP and other technical directives of the FIG.

### **Athletes' drawing of lots**

The drawing of lots will take place during the Orientation meeting

### **Timing and Scoring**

The scoring system is provided by RawMotion.

## 12. ANNOUNCEMENTS DURING COMPETITIONS

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During the competitions, the announcements will be made in Portuguese and in English.

## 13. AWARD CEREMONIES

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The awards ceremonies will be held immediately after the finals. The athletes are requested to attend.

## 14. MEDICAL SERVICES

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The LOC. will provide first aid medical services. A team of physiotherapists will be present during the competition.

## 15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS

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The Local Organizing Committee is in charge of doping controls. This doping control can take place at any moment between the arrival of the athlete and his departure.

## 16. PRIZE MONEY

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During the World Cup in Coimbra, the Prize Money will be paid by the FIG as follows:

Speed Running		Freestyle	
Ranking	Total of 15 000 CHF	Ranking	Total of 15 000 CHF
1	7000	1	7000
2	5000	2	5000
3	3000	3	3000

## 17. MEDIA AND TV

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### **Cameras and video recording**

All runs will be recorded in high definition by digital video cameras.

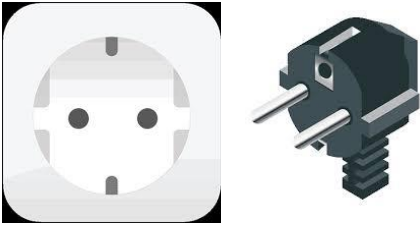
In order to protect television rights, personal video or TV cameras and recording is prohibited. The only exceptions are the host broadcaster, and the 2 video cameras for judging purpose.

Photos may be taken.

## 18. ANY OTHER USEFUL INFORMATION

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### Plugs / sockets used in Portugal



### Currency

The currency in Portugal is the euro.

### Weather in Coimbra in September

Min 14°C - Max 27°C

### UTC+1

### Appendices

Appendix 1- Venue Plan

Appendix 2- Schedule

Appendix 3- Table of Tricks 2024

Appendix 4- Group Training Men

Appendix 5- Group Training Women

Appendix 6- Bus Itinerary Map

Appendix 7- Bus Schedule