



TRAMPOLINE WORLD CUP 2026 & COIMBRA GYM FEST

WORK PLAN



4-5 JULY 2026

COIMBRA | PORTUGAL
PAVILHÃO M. M. MÁRIO MEXIA

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GENERAL INFORMATION

This Work Plan has been developed in accordance with the following World Gymnastics (hereinafter WGYM) regulations and rules, as valid in the year of the competition, except for any deviations mentioned in these directives or in the WGYM Rules for Trampoline Gymnastics:

- 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
- License rules
- Policy and Procedures for Safeguarding and Protecting Participants in gymnastics
- FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
- Medical Organization of FIG Competitions and Events
- Media Guidelines
- Apparatus Norms
- Rules for Sanctioning (approval) of International Events
- Rules for Advertising and Publicity
- Rules for Awards Ceremonies
- Accreditation Rules

and subsequent decisions of the WGYM Executive Committee

ORGANIZATION

- Host Federation: GYMNASTICS FEDERATION OF PORTUGAL (FGP)

Contact Person	Mr. João MARQUES
Tel.	+351 926 241 178
E.mail	joao.marques@ginastica.org
Website	www.ginastica.org

- Associação Académica de Coimbra | Gymnastics Department (AAC)

Contact Person	Mr. Jorge ABRANTES
Tel.	+351 918 733 044
Email:	trampoline@coimbragymfest.org
Website:	http://coimbragymfest.org/en/home

LOCAL ORGANIZING COMMITTEE (LOC)

Executive Director	Jorge Abrantes
Executive Director Deputy	Mariana Pombo Sofia Teixeira
NF Delegate	João Marques
Local Technical Director	João Marques
Logistics	Mário Abrantes João Salustiano Ruben Pereira
Secretariat	Maria João Dinis Etelvina Simões Paula Macedo Joana Cunha
Official Doctor & Safeguarding Officer	Maria António Castro
Official Doctor Deputy	Catarina Silva Mariana Anjos
Accommodation	Filipa Nobre
Transportation	Mário Amaro Pedro Amaro
Meals	Vânia Henriques Joana Almeida
Operational Manager	João Paulo Dias Rui Magalhães
Technical Program	Mariana Pombo Sofia Teixeira Patricia Amendoeira Rita Oliveira
Security	Paulo Oliveira Afonso Mateus
Head of Media	Mónica Wolters
Social Media Manager	Rui Sousa
IT	Paulo Rodrigues
Protocol & VIPs	Joana Nobre
Official Photographer	Sandra Couceiro
Speaker	Rui Magalhães
Volunteers	Joana Nogueira Mariana Capela Fátima Paulino
Sustainability	Laura Santos
Flip Area	Édi Mamede Ana Cláudia Guedes

COMPETITION VENUE

Pavilhão Municipal Multidesportos Mário Mexia

Address: Praça Heróis do Ultramar

3030-327 Coimbra

VISA

Federations requiring an official invitation to obtain a visa are asked to contact the Organizing Committee **immediately** by sending the official visa form to trampoline@coimbragymfest.org.

LOC SAFEGUARDING OFFICER

Mrs. Maria António Castro

- +351 919 909 518
- macastro@netcabo.pt

INSURANCE

Federations are obliged to cover the expense of insurance for members of their delegation (illness, accident and repatriation) and to bring evidence of such insurance. Insurance will be checked and collected during accreditation.

OFFICIAL LANGUAGE

The official language of the event is English. Announcements will be made in Portuguese and English only.

Interpretation from and into any other language must be organized by the delegations.

ACCREDITATION AND ID CARDS

All delegation members will receive an accreditation ID Card. The accreditation ID Card is personal, non-transferable, and compulsory to get access to the training and competition hall, functions, and the bus system. All participants and officials are required to wear the ID Cards **at all times**.

Accreditation will take place at the accreditation room in Pavilhão Multidesportos Mário Mexia. All delegations will be directed to the accreditation room from the airport. Delegations travelling by car must go first to the accreditation room.

HoD are requested to provide a valid **phone number** (working in Portugal) and **e-mail address**. These contact details will be used as mailbox to inform all competition results, information and occurrence during and after the competition.

At accreditation, HoD must check the correct **names** of their complete delegation, verify **accommodation** requirements, make any necessary **payments**, as well as their confirmation of **insurance**.

As far as the number of accreditations per country is concerned, the Directives will be strictly applied.

The LOC will check the nationality and age of the competitors. The age and nationality control will take place at the same time as accreditation:

The control will be carried out by checking the passports of the participants. The Head of Delegation must bring **passports** of all participants to the accreditation.

TRANSPORTATION

The Organizing Committee will provide shuttle bus transportation in arrival and departure dates between Porto airport/competition venue/hotels and during Coimbra Gym Fest between hotels/competition venue for training and competition. Transport will be arranged based on training and competition schedule.

ACCOMMODATION AND MEALS

The organizing committee is not responsible for any damage to the hotel rooms, costs for mini bars, pay TV or the like. This is the responsibility of each delegation.

Breakfast is included in the Full Pack and is served at each hotel.

Lunch and **Dinner** are included in the Full Pack and is served near Pavilhão Multidesportos Mário Mexia, when vouchers are handed in. Unused vouchers will not be refundable.

Lunch will be served from 12:00 until 15:00

Dinner will be served from 18:00 until 21:30

GENERAL PROGRAMME

Training Days

Monday, 29th june; Tuesday, 30th june; Wednesday, 1st july

Trampoline Warm Up Hall		Trampoline Competition Hall					Tumbling	DMT
Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition
Slot 1	Slot 1			00:45	09:00	09:45	Slot 1	Slot 1
Slot 2	Slot 2	Slot 1	Slot 1	00:45	09:45	10:30	Slot 2	Slot 2
Slot 3	Slot 3	Slot 2	Slot 2	00:45	10:30	11:15	Slot 3	Slot 3
Slot 4	Slot 4	Slot 3	Slot 3	00:45	11:15	12:00	Slot 4	Slot 4
Slot 5	Slot 5	Slot 4	Slot 4	00:45	12:00	12:45	Slot 5	Slot 5
		Slot 5	Slot 5	00:45	12:45	13:30	Slot 6	Slot 6
				01:00	13:30	14:30		
Slot 6	Slot 6			00:45	14:30	15:15	Slot 7	Slot 7
Slot 7	Slot 7	Slot 6	Slot 6	00:45	15:15	16:00	Slot 8	Slot 8
Slot 8	Slot 8	Slot 7	Slot 7	00:45	16:00	16:45	Slot 9	Slot 9
Slot 9	Slot 9	Slot 8	Slot 8	00:45	16:45	17:30	Slot 10	Slot 10
Slot 10	Slot 10	Slot 9	Slot 9	00:45	17:30	18:15	Slot 11	Slot 11
Slot 11	Slot 11	Slot 10	Slot 10	00:45	18:15	19:00	Slot 12	Slot 12
Slot 12	Slot 12	Slot 11	Slot 11	00:45	19:00	19:45	Slot 13	Slot 13
		Slot 12	Slot 12	00:45	19:45	20:30	Slot 14	Slot 14

Each country must submit their training requests, via the form present in this link: <https://forms.gle/tFpDso3JQEMVLKnm9> - available from 17th to 24th June, only.

A maximum of 12 gymnasts in each slot, will be able to train, per apparatus (TR F; TR M; TUM; DMT)

Schedule will be set on a first come, first served basis and sent to the delegations, no further than 27th June.

Thursday, 2nd July

			Trampoline Warm Up Hall		Trampoline Competition Hall					Tumbling	DMT
Time	Start	Finish	Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition
00:30	11:30	12:00	Free Training Gymfest				00:30	11:30	12:00	Free Training Gymfest	
00:30	12:00	12:30					00:30	12:00	12:30		
00:30	12:30	13:00					00:30	12:30	13:00		
00:30	13:00	13:30					00:30	13:00	13:30		
00:30	13:30	14:00					00:30	13:30	14:00		
00:30	14:00	14:30					00:30	14:00	14:30		
00:30	14:30	15:00					00:30	14:30	15:00		
00:30	15:00	15:30					00:30	15:00	15:30		
03:40	15:30	19:10					03:40	15:30	19:10		
00:50	19:10	20:00	Free Training Gymfest		Free Training Gymfest		00:50	19:10	20:00	Free Training Gymfest	
00:50	20:00	20:50			POR NAT TRS		00:50	20:00	20:50		
00:50	20:50	21:40					00:50	20:50	21:40		

NAT COMPETITION

Competition Days

Friday, 3rd July

			Trampoline Warm Up Hall		Trampoline Competition Hall					Tumbling	DMT	Other
Time	Start	Finish	Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition
00:45	10:35	11:20	U12 F Gr 1	13-14 F Gr 1			00:00	11:20	11:20			DMT 2
00:45	11:20	12:05	U12 F Gr 2	13-14 F Gr 2	U12 F Gr 1	13-14 F Gr 1	00:45	11:20	12:05	17+ M Gr 1	17+ F Gr 1	U12 M Gr 1
00:45	12:05	12:50	U12 F Gr 3	13-14 F Gr 3	U12 F Gr 2	13-14 F Gr 2	00:45	12:05	12:50	17+ M Gr 2	17+ F Gr 2	U12 M Gr 2
00:45	12:50	13:35	U12 F Gr 4	13-14 F Gr 4	U12 F Gr 3	13-14 F Gr 3	00:45	12:50	13:35	17+ F Gr 1	17+ F Gr 3	13-14 M Gr 1
00:45	13:35	14:20	U12 F Gr 5	13-14 F Gr 5	U12 F Gr 4	13-14 F Gr 4	00:45	13:35	14:20	17+ F Gr 2	15-16 M Gr 1	13-14 M Gr 2
00:45	14:20	15:05			U12 F Gr 5	13-14 F Gr 5	00:45	14:20	15:05	17+ F Gr 3	15-16 M Gr 2	
00:35	15:05	15:40	Team Medal Ceremony				00:35	15:05	15:40	Team Medal Ceremony		

			Trampoline Warm Up Hall		Trampoline Competition Hall					Tumbling	DMT	Other
Time	Start	Finish	Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition
00:45	18:15	19:00	U12 M Gr 1	15-16 F Gr 1			00:45	18:15	19:00			DMT 2
00:45	19:00	19:45	U12 M Gr 2	15-16 F Gr 2	U12 M Gr 1	15-16 F Gr 1	00:45	19:00	19:45	15-16 F Gr 1	17+ M Gr 1	13-14 F Gr 1
00:45	19:45	20:30	13-14 M Gr 1	15-16 F Gr 3	U12 M Gr 2	15-16 F Gr 2	00:45	19:45	20:30	15-16 F Gr 2	17+ M Gr 2	13-14 F Gr 2
00:45	20:30	21:15	13-14 M Gr 2	15-16 F Gr 4	13-14 M Gr 1	15-16 F Gr 3	00:45	20:30	21:15	15-16 F Gr 3 15-16 M Gr 1	17+ M Gr 3	13-14 F Gr 3
00:45	21:15	22:00			13-14 M Gr 2	15-16 F Gr 4	00:45	21:15	22:00	15-16 M Gr 2	Q2 17+ F Gr 1	13-14 F Gr 4
00:00	22:00	22:00					00:00	22:00	22:00		Q2 17+ F Gr 2	
00:30	22:00	22:30	Team Medal Ceremony				00:30	22:00	22:30	Team Medal Ceremony		

Qualification: DMT & TUM have 15 minutes warm up, in the competition apparatus, directly followed by competition.

Qualification 2: DMT have 10 minutes warm up, in the competition apparatus, directly followed by competition.

Saturday, 4th July

Trampoline			Trampoline Warm Up Hall		Trampoline Competition Hall		Tumbling				DMT				Other			
Time	Start	Finish	Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Time	Start	Finish	Comp. Hall Warm Up + Competition	Time	Start	Finish	Comp. Hall DMT 2
00:45	08:00	08:45	17+ M Gr 1	17+ F Gr 1	POR NAT 17-21 SEN	POR NAT 17-21 SEN	00:45	08:00	08:45	U12F Gr 1	00:45	08:00	08:45	15-16 F Gr 1	00:45	08:00	08:45	U12 F Gr 1
00:45	08:45	09:30	17+ M Gr 2	17+ F Gr 2	17+ M Gr 1	17+ F Gr 1	00:45	08:45	09:30	U12F Gr 2	00:45	08:45	09:30	15-16 F Gr 2	00:45	08:45	09:30	U12 F Gr 2
00:45	09:30	10:15	17+ M Gr 3	17+ F Gr 3	17+ M Gr 2	17+ F Gr 2	00:45	09:30	10:15	13-14 M	00:45	09:30	10:15	15-16 F Gr 3	00:45	09:30	10:15	U12 F Gr 3
00:45	10:15	11:00	17+ M Gr 4	17+ F Gr 4	17+ M Gr 3	17+ F Gr 3	00:45	10:15	11:00	13-14 F Gr1	00:45	10:15	11:00	15-16 F Gr 4	00:45	10:15	11:00	U12 F Gr 4
00:45	11:00	11:45	17+ M Gr 5	17+ F Gr 5	17+ M Gr 4	17+ F Gr 4	00:45	11:00	11:45	13-14 F Gr2	00:20	11:00	11:20	Q2 17+ M Gr 1	00:45	11:00	11:45	U12 F Gr 5
00:45	11:45	12:30			17+ M Gr 5	17+ F Gr 5	00:45	11:45	12:30	13-14 F Gr3 U12 M	00:20	11:20	11:40	Q2 17+ M Gr 2	00:00	11:45	11:45	
00:00	12:30	12:30					00:00	12:30	12:30		00:30	11:45	12:15	Finais 13-14 M	00:30	11:45	12:15	Finais U12 M
01:00	12:30	13:30	Team Medal Ceremony				01:00	12:30	13:30	Team Medal Ceremony + Award Ceremony								

NAT COMPETITION

			Trampoline Warm Up Hall	Trampoline Competition Hall				Trampoline Warm Up Hall	Trampoline Competition Hall				Tumbling	DMT		
Time	Start	Finish	Warm Up Male	Competition Male	Time	Start	Finish	Warm Up Female	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition		
00:45	19:25	20:10	15-16 M Gr1		00:35	19:35	20:10	Q2 17+ F Gr1		00:00	20:10	20:10				
00:45	20:10	20:55	15- 16 M Gr2	15-16 M Gr1	00:35	20:10	20:45	Q2 17+ F Gr2	Q2 17+ F Gr1	00:35	20:10	20:45	Final U12 F			
00:45	20:55	21:40	15- 16 M Gr3	15- 16 M Gr2	00:35	20:45	21:20	Finais 13-14 F	Q2 17+ F Gr2	00:35	20:45	21:20	Final 13-14 M			
00:45	21:40	22:25		15- 16 M Gr3	00:30	21:20	21:50	Finais 13-14 M	Finais 13-14 F	00:30	21:20	21:50	Finais 15-16 F	Finais 15-16 M		
00:00	22:25	22:25			00:30	21:50	22:20		Finais 13-14 M	00:30	21:50	22:20	Finais 17+ M	Finais 13-14 F		
00:35	22:25	23:00	Team Medal Ceremony			00:40	22:20	23:00	Award Ceremonies			00:40	22:20	23:00	Award Ceremonies	

Qualification: DMT & TUM have 15 minutes warm up, in the competition apparatus, directly followed by competition.

Qualification 2 and Finals: DMT & TUM have 10 minutes warm up, in the competition apparatus, directly followed by competition.

Sunday, 5th July

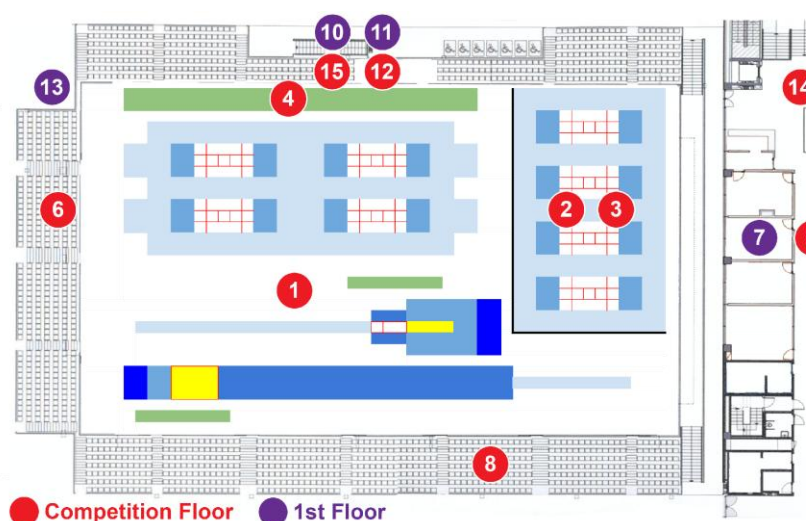
			Trampoline Warm Up Hall		Trampoline Competition Hall					Tumbling	DMT
Time	Start	Finish	Warm Up Male	Warm Up Female	Competition Male	Competition Female	Time	Start	Finish	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition
00:30	08:00	08:30	Q2 17+ M Gr 1	Finais U12 M			00:30	08:00	08:30		
00:35	08:30	09:05	Q2 17+ M Gr 2	Finais 15-16 F	Q2 17+ M Gr 1	Finais U12 M	00:35	08:30	09:05	Finais 13-14 F	Finais U12 F
00:35	09:05	09:40	Finais 15-16 M	Finais U12 F	Q2 17+ M Gr 2	Finais 15-16 F	00:35	09:05	09:40	Finais U12 M	Finais 17+ F
00:30	09:40	10:10			Finais 15-16 M	Finais U12 F	00:30	09:40	10:10	Finais 17+ F	Finais 17+ M
00:45	10:10	10:55	Award Ceremonies		Award Ceremonies		00:45	10:10	10:55	Award Ceremonies	
01:05	10:55	12:00					01:05	10:55	12:00		
00:30	12:00	12:30	Finais 17+ M	Finais 17+ F			00:30	12:00	12:30		
00:30	12:30	13:00			Finais 17+ M	Finais 17+ F	00:30	12:30	13:00	Finais 15-16 M	Finais 15-16 F
00:30	13:00	13:30			Award Ceremonies		00:30	13:00	13:30	Award Ceremonies	

Finals: DMT & TUM have 10 minutes warm up, in the competition apparatus, directly followed by competition.

SPORTS HALL LAYOUT and ZONES

Zones

- 1 Competition Area
- 2 Training Hall
- 3 Warm-up Hall
- 4 Competition Management Judges' seating
- 5 Judges' meeting rooms and Judges' break area
- 6 Delegation seating
- 7 LOC Offices
- 8 FIG Offices
- 9 Doping Control Zone
- 10 Media
- 11 Media Grandstands
- 12 TV Compound
- 13 Photographers Positions
- 14 Mixed Zone
- 15 VIP



ORIENTATION MEETING

All Heads of Delegation must attend the meeting. One extra Official per delegation may also attend. The LOC will provide detailed information regarding the event. All information will be in English only. Judges cannot be representatives of their NF at the Orientation Meeting: **3rd of July at 09:45**

VENUE ACCESS

The access to the arena will be limited to the training/competing group. Besides gymnasts, access will be allowed only to accredited people.

AWARD CEREMONIES

Only the medal winners are invited to participate, and they must wear according to WGYM rules.

EQUIPMENT

As per apparatus list, available in the event files.

WARM UP

During warm up, it is permitted – only – to set foot on the floor of the competition and training hall for the competitors, and physiotherapists/doctors in conformity with the training schedule and the identified zones at the accreditation card.

MARCH IN

The competitors are asked to assemble in the assembly area, **5 minutes prior to each competition**. The gymnasts must wear competition attire (as per Code of Points).

STARTING ORDER – DRAWING OF LOTS

The drawing of lots and starting order will be made in the LOC office and published on the website <https://sporttech.io>, no later than 29th of June.

The starting order for the finals will be in accordance with the Code of Points.

Any withdrawal from the Finals must be declared in writing with the LOC.

Please note: The competition draw, the competition groups, the starting lists, the training groups, the training schedule, and the competition schedule assume that all registered entities will participate in accordance with their nominative registrations. Should there be any changes to participating numbers at the time of the competition, the Organizing Committee reserves the right to make adjustments, which will facilitate the smooth running of the competition.

COMPETITION CARDS

No competition cards will be used during the entire competition.

DRAWING OF LOTS FOR JUDGES

The judges meeting, which is compulsory for all judges, will take place at the Meeting Room, outside the Competition Venue: **Friday, 3rd of July at 10:30 am**

The judges' panels will be made according to the WGYM rules and presented during the meeting.

Please note that the Judges' instructions will be held in English only.

SUPERIOR JURY

Superior Jury is represented by WGYM Judge:
Mr. João Marques

SCORES AND RESULTS

The scoring system used is Sporttech. The scores will be shown in the competition hall and live on the website <https://sporttech.io>.

A detailed list of results, including all judges' marks, will be e-mailed to the HoD at the end of the competition.

VIDEO RECORDING

All routines will be recorded on video by the LOC.

LIVESTREAMING & TV HOST BROADCASTER

The Competition will be livestreamed, by Ginástica TV (<https://www.ginastica.tv>).

MEDICAL SERVICES

Medical services will be provided by the Medical Centre located in the Sports Hall.

BANQUET AND FAREWELL PARTY

There will be a banquet on Sunday, **5th July, between 20:00 and 22:30.**

The banquet is for official delegation members only, and a valid banquet ticket must be presented at the entrance. This closing banquet is free of charge for the delegations who have booked Full Pack through the LOC.

INFORMATION AND CORRESPONDENCE DURING THE EVENT

Each delegation will receive all information via the HoD email communicated at the time of accreditation. There will also be a WhatsApp group to share information and doubts. All information, requests and correspondence regarding this event should be addressed to the Organizing Committee.

Coimbra, 25th of June 2026