



Arosa



WORK PLAN

WGYM WORLD CUP

WGYM Event ID: 18300



TRAMPOLINE WORLD CUP COMPETITION

AROSA - SWITZERLAND – 26th & 27th June 2026

Updated: 12th June 2026

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1. GENERAL INFORMATION

The competition will be organized under the following WGYM rules, as valid in the year of the competition, except for any deviations mentioned in these directives or in the WGYM World Cup Rules for Trampoline Gymnastics:

- Statutes
- Code of Ethics
- Code of Conduct
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Trampoline Gymnastics
- Medical Organization of the WGYM Competitions and Events
- Anti-Doping Rules
- Framework for safeguarding athletes and other participants from harassment and abuse in sport during events
- Media Rules
- Apparatus Norms
- Rules for Advertising and Publicity
- Accreditation Rules
- Rules for Awards Ceremonies
- World Cup Rules for Trampoline Gymnastics

and subsequent decisions of the WGYM Executive Committee

2. COMPETITION VENUE

Sports and Conference Center Arosa

Poststrasse 27

7050 Arosa

SWITZERLAND

3. COMPETITION DATES

26th & 27th June 2026

4. RESPONSIBLE PERSONS

4.1 ORGANIZING COMMITTEE

President:	Roland Schuler
President Deputy:	Lisa Rüegg
Competition Director:	Daniel Meier
Floor Manager:	Karin Schmidt
Accreditation:	Yvonne Wüthrich
Accommodation:	Lisa Rüegg
Media:	Marc Gooch
Finances:	Roland Schuler, Lisa Rüegg
Infrastructure:	Rochus Caluori
Food & Beverage:	Thomas Geson
Ceremonies:	Lisa Rüegg, Yvonne Wüthrich
Speaker:	Cedric Jeannerat, Silvan Buff
Recorderers Office:	Yvonne Wüthrich
Chief Medical Officer:	Thomas Schöfl
Safeguarding Officer:	Lisa Rüegg

4.2 FIG TRA-TC & REPRESENTATIVE

WGYM Representative: Clive Morgan

5. ORGANIZING COMMITTEE ADDRESS

OK NISSEN CUP 2026

Arosa Tourism, Sports and Conference Center

Poststrasse 27

7050 Arosa

SWITZERLAND

Phone: +41 81 378 70 20

Fax: +41 81 378 70 21

E-Mail: event@arosa.swiss
nissencup@swiss-trampoline.org (for technical issues)

Facebook <https://www.facebook.com/NissenCup/>

Web <http://www.arosa.swiss>

6. INSURANCE

- The Host Federation, the LOC and the WGYM will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.
- The WGYM 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.
- Basic insurance (sickness, accident, and repatriation) in your country of residence is compulsory to be able to benefit from coverage by WGYM IMSSA subsidiary insurance. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the WGYM 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 delegation's 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: CHF 237.- per person.

7. WELCOME – OFFICIAL LANGUAGE

- The delegations will be welcomed on behalf of the Organizing Committee upon arrival in Arosa at the accreditation desk at the Sports and Conference Center, Poststrasse 27, 7050 Arosa.
- The official language of this world cup is English. Interpretation from and into any other language must be organized by the delegations. Announcements will be made in German and English only. The Work Plan and all other documents are available in English only.

8. TRANSPORTATION

- All delegations must arrange their own transportation to Zurich Airport - Arosa and back to Zurich Airport.
- The organizing committee will take care of the transportation of the delegations from Zurich Airport to Arosa if transportation was ordered and paid for in due time and notification of flight or train details have been given.
- Car rental is available at Zurich Airport.

9. ACCREDITATION

- The accreditation system identifies individuals participating in the event and indicates that these individuals are permitted access. The Heads of Delegation are required to verify the names of their entire delegation and the accommodation requirements. They must pay any outstanding amounts due to the LOC and / or the WGYM and hand in and/or verify their national anthem during accreditation. For communication purposes between the LOC and the delegation in an environmentally friendly way, the Head of Delegation is requested to announce two E-Mail addresses to the LOC.

10. ACCOMMODATION

- 15th April 2026 was the last date for definitive booking with the LOC and deadline for payment of 50% of the accommodation packages to the OC. The remaining 50% must be paid at the latest on 20th May 2026.
- Most of the hotels are within walking distance of the competition venue. For all delegations which have booked the accommodation through the LOC, public transport is free of charge. The buses run on a regular schedule.
- Please note that the latest check-out time is 11.00h on the day of departure.

11. CANCELLATION

- The accommodation is only refundable, provided cancellations are made at least prior to 3rd June 2026.

12. MISCELLANEAOUS

- Please note that the Organizing Committee is not liable for any damage to the hotel rooms, costs for mini-bars, pay-tv, or the like. This is the responsibility of each delegation.

13. MEALS - INFORMATION

- Breakfast and dinner are normally served at the respective hotels; lunch (if ordered) will be served at the competition venue when vouchers are handed in. Unused vouchers will not be refunded.
- Lunch will be served 11.00h-14.00h at the competition venue in the Congress + Conference Room.
- Dinner: please check with your hotel for dinner times.

14. ORIENTATION MEETING

- The Orientation Meeting will take place on Thursday June 25th, 2026, at 15.00h in the Meeting Room at the competition venue
- The orientation meeting is **compulsory for all Heads of Delegation**.
- At this meeting all information concerning the detailed organization of the World Cup will be presented by the LOC and the WGYM. **The meeting will be held in English only.**

15. DRAWING OF LOTS

- The draw for the starting order for the event was done beforehand at the WGYM headquarters.
- The final starting order will be established and distributed to the delegations directly following the Orientation Meeting.

16. EQUIPMENT

- Trampolines as per WGYM Norms will be used during competition.
- The manufacturers are:

Trampolines:	EUROTRAMP ULTIMATE 4x4mm WGYM ID 610
HDTM:	EUROTRAMP Trampoline Measurement System WGYM ID 708
Safety Mats:	WGYM ID 548
Spotter Mats:	Eurotramp

17. MUSIC

- The organizing committee would like to point out that **during the competition**; background music will be played at a low volume. Please let your gymnasts know this in advance.

18. JUDGES INSTRUCTION AND MEETING

- The judges' instruction, which is **compulsory for all judges**, will take place on Thursday June 25th, 2026, at 15:30h in the Meeting Room at the competition venue. Please note that the judges' instruction will be held in English only. Judges who don't participate in the judges' instruction may not be authorized to judge and their respective federations may face a penalty fee of up to 2.000 CHF.

19. DRAWING OF LOTS FOR JUDGES

- The judges will be drawn at the judges' instruction on Thursday, from those that were put forward by the federations. Judges must be duly licensed (valid WGYM license with the appropriate requested category).

20. COMPETITION CARDS

- Competition cards and athletes' profiles must be returned to the competition secretariat at the Orientation Meeting at the latest (Thursday 25th, June 2026 at 15:00h).

21. PUBLICATION OF THE SCORES

- A detailed list of results, including judges' marks, will be electronically distributed to the Head of Delegation after the finals. During the competition, all results will be published in the venue, sent electronically to each delegation's contacts (defined at the accreditation) and will also be published on the official website and sporttech.io.

22. CHANGING ROOMS

- There are changing rooms for athletes and coaches, situated in the main venue. They are equipped with showers, toilets, and hangers. Do not leave any valuables in the changing rooms.

23. NO SMOKING POLICY

- Please note that it is strictly forbidden to smoke in the venue complex (including toilets and changing rooms).
- The government of the canton Graubünden put the partial revision of the health law on 1st March 2008 into effect. This means that in all publicly accessible, closed areas prohibiting smoking exists. Offences against the prohibition of smoking become in accordance with art. 49 paragraph 3 of the health law with penalty up to CHF 100.00, in the instance of repetition up to CHF 500.00 punished. Thank you for your adherence to the prohibition of smoking.

24. MEDICAL SERVICES & ROOM

- The Organizing Committee will provide medical services. A special room with a massage table is marked with 'Medical + Massage Room'.

25. DOPING CONTROL

- Doping controls may be made during the Nissen Cup WGYM World Cup - as per WGYM, IOC, and WADA regulations - by the organizing committee under supervision of the ITA & WGYM. Doping controls can take place during training and / or competition.

26. MARCH IN

- The competitors are asked to assemble in the assembly area 5 minutes prior to each competition. The athletes must wear their national competition dress.
- The Judges are asked to be on their panel places and welcome the competitors during each march in.

27. WARM UP

- Immediately prior to all competition phases, each gymnast/pair will be allowed one (1) touch on the competition apparatus for a maximum of 45 seconds., one gymnast after the other following the starting order.
- In the event that a gymnast abuses this time limit, the CJP will deduct a penalty of 0.2 points from the total score of the following exercise.

28. COMPETITION ATTIRE

- The competition dress is as per Code of Points

29. VIDEO RECORDING

- All routines and passes will be recorded electronically.

30. OPENING CEREMONY

- The short opening will take place on Friday June 26th, 2026, at 10.10h.

31. AWARD CEREMONIES AND PRIZE MONEY

- The award ceremonies will take place immediately after the last final in the following order:
 - Individual Women / Men
 - Synchro Women / Men
- **Only the medal winners are invited to participate.** For the award ceremony all the gymnasts **must wear their national tracksuits**. In case of infractions the respective NF will receive **only 50% of the prize money**.
- The prize money will be paid in CHF and given to the Head of Delegations during the banquet.

32. BANQUET

- The banquet will take place on Saturday June 27th, 2026, at 19:30h at the competition venue in the Congress + Conference Room. Admission by invitation only. All delegations which booked the accommodation through the LOC or have booked and paid the banquet separately are invited.

33. MORE INFORMATION

- If you require more information about public transport, taxis, or other things, please do not hesitate to contact our information desk.

34. INFORMATION AND CORRESPONDANCE

- The LOC will provide information through electronic channels, wherever possible. For information which cannot be provided electronically, every delegation will receive this information at the competition office in the competition hall.
- All information requests and correspondence should be addressed to the Organizing Committee.

35. TV & MEDIA and PRESS CONFERENCE

Our host TV producer will be present for the finals on Saturday and will record all the finals for international broadcast.

The following rules must be followed by all delegations:

- Please be ready for your routine immediately after the last competitor has finished its routine
- After finishing the routine, the athlete and its coach will be guided to the “Kiss and Cry Area” by our staff
- No dressing and undressing are allowed in the competition area.
- The winners of the competition might be interviewed by the TV directly after the competition. Please be ready for the interview.



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53rd Nissen Cup 2026

FIG World Cup Trampoline Schedule

Wednesday

All day Arrival of delegations and officials, accreditation

09:00 - 14:50 Free Training

15:00 - 19:00 World Cup free training

Thursday

All day Arrival of delegations and officials, accreditation

09:10 - 16:30 World Cup training by schedule

15:00 World Cup orientation meeting

15:30 World Cup judges meeting and draw

Friday

08:30 - 10:05 World Cup general warm up - qualification 1

10:15 - 14:25 World Cup individual - qualification 1

16:30 - 17:20 World Cup synchro general warm up

17:30 - 19:30 World Cup synchro - qualification

Saturday

09:40 - 10:20 World Cup qualification 2 general warm up

10:30 - 11:40 World Cup individual - qualification 2

15:30 - 16:00 World Cup training for finalists

16:10 - 18:00 World Cup finals

Individual women & men

Synchro women & men

World Cup award ceremony

19:30 Banquet

Sunday

All day Departure of delegations and officials

Last updated 07.06.2026/dm



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53rd Nissen Cup 2026

World Cup Training Plan

Version 07.06.2026/24:00h

Wednesday 24.06.2026		
Time	Competition Hall	Training Hall
09:00	Free Training	
14:50	End of Free Training	
15:00	World Cup Free Training	
19:00	End of World Cup Free Training	

Thursday 25.06.2026		
Time	Competition Hall	Training Hall
09:10		BEL (2/0) CHN (6/6) FRA (4/0) JPN (0/4)
09:50	BEL (2/0) CHN (6/6) FRA (4/0) JPN (0/4)	AZE (2/1) BLR (4/4) ESP (2/2) GBR (2/2) POL (2/1)
10:30	AZE (2/1) BLR (4/4) ESP (2/2) GBR (2/2) POL (2/1)	AUS (4/1) AUT (2/0) CZE (2/2) ITA (1/1) NZL (3/4) TUR (1/2)
11:10	AUS (4/1) AUT (2/0) CZE (2/2) ITA (1/1) NZL (3/4) TUR (1/2)	BRA (3/3) GER (4/4) KAZ (3/2) POR (2/1)
11:50	BRA (3/3) GER (4/4) KAZ (3/2) POR (2/1)	CAN (4/4) MEX 3/2) RUS (4/4) SUI (2/0)
12:30	CAN (4/4) MEX 3/2) RUS (4/4) SUI (2/0)	BEL (2/0) CHN (6/6) FRA (4/0) JPN (0/4)
13:10	BEL (2/0) CHN (6/6) FRA (4/0) JPN (0/4)	AZE (2/1) BLR (4/4) ESP (2/2) GBR (2/2) POL (2/1)
13:50	AZE (2/1) BLR (4/4) ESP (2/2) GBR (2/2) POL (2/1)	AUS (4/1) AUT (2/0) CZE (2/2) ITA (1/1) NZL (3/4) TUR (1/2)
14:30	AUS (4/1) AUT (2/0) CZE (2/2) ITA (1/1) NZL (3/4) TUR (1/2)	BRA (3/3) GER (4/4) KAZ (3/2) POR (2/1)
15:10	BRA (3/3) GER (4/4) KAZ (3/2) POR (2/1)	CAN (4/4) MEX 3/2) RUS (4/4) SUI (2/0)
15:50	CAN (4/4) MEX 3/2) RUS (4/4) SUI (2/0)	



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Friday 26.06.2026

Version 07.06.2026/24:00h

	Competition Hall		Warm Up Hall
Time	A	B	
08:30	General Warm Up World Cup Q1		
09:25	General Warm Up World Cup Q1		Group 1
10:05	End of Warm Up		
	Individual Men Q1	Individual Ladies Q1	
10:15	Group 1	Group 1	Group 2
11:05	Group 2	Group 2	Group 3
11:55	Group 3	Group 3	Group 4
12:45	Group 4	Group 4	Group 5
13:35	Group 5		
14:25	End of Competition		
17:00	General Warm Up World Cup Synchro Qualification		Group 1
17:50	End of Warm Up		
	Synchro Men	Synchro Ladies	
18:00	Group 1	Group 1	Group 2
19:00	Group 2		
20:00	End of Competition		



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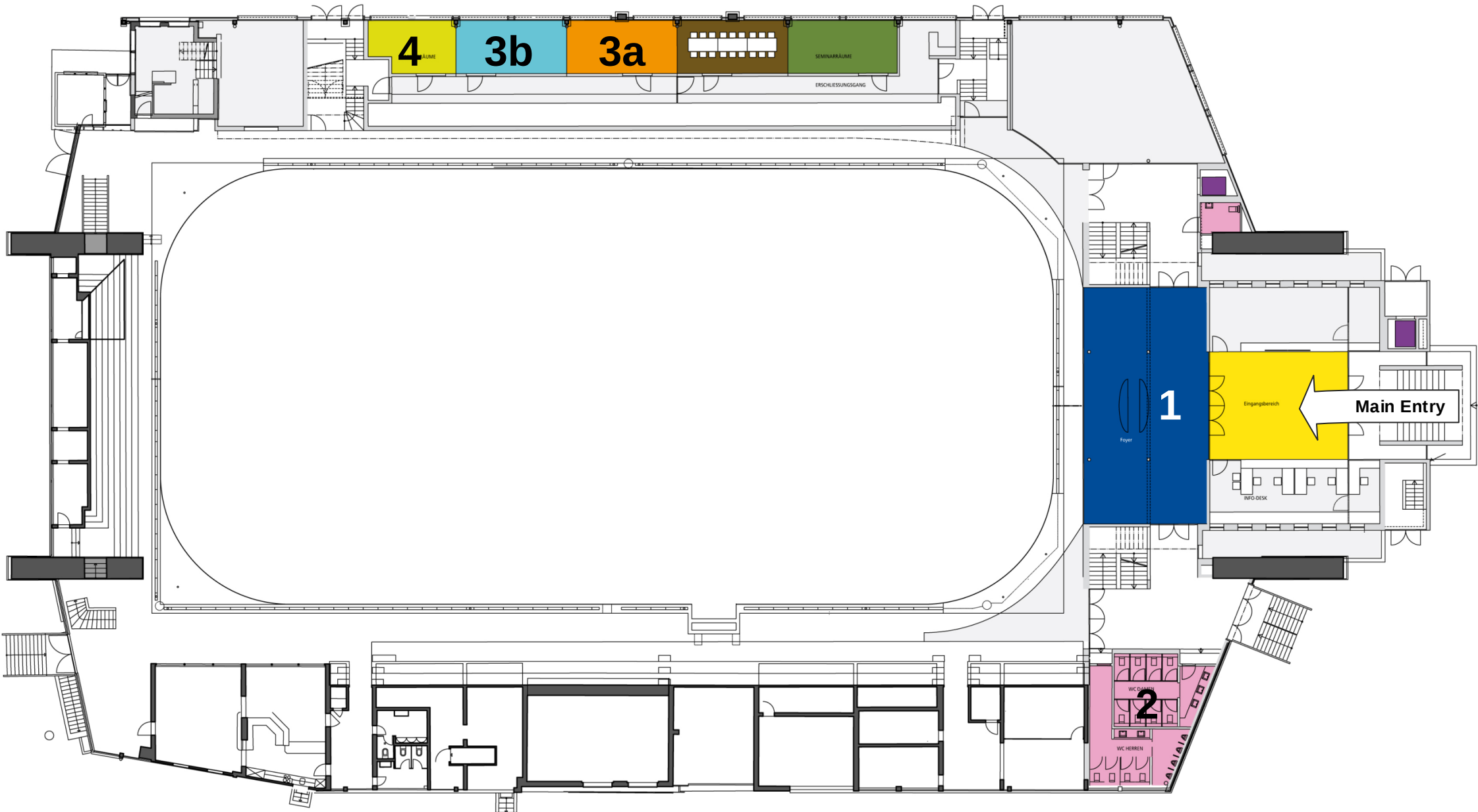
Saturday 27.06.2026

Version 07.06.2026/24:00h

	Competition Hall		Warm Up Hall
Time	A	B	
09:40	General Warm Up World Cup Q2		Group 1 Q2
10:20	End of Warm Up		
	Individual Men Q2	Individual Ladies Q2	
10:30	Group 1	Group 1	Group 2 Q2
11:05	Group 2	Group 2	
11:40	End of Competition		
Finals World Cup			
15:30	Training Finalists		Women
16:00	End of Training		
16:10		Finals Woman	Men
16:30	Finals Men		Synchro Women
16:50		Finals Synchro Women	Synchro Men
17:10	Finals Synchro Men		
17:30	Award Ceremony		
18:00	End of Award Ceremony		

Nissen Cup Arosa 2026

Ground Level



1: Accreditation
2: Toilets
3a: Judges Room

3a+b: Judges & Orientation Meeting
**4: LOC Competition Director
+ FIG TC Delegate Office**

Nissen Cup Arosa 2026

Intermediate Level



1: Ladies Changing Room
2: Doping Control Station
3: Mens Changing Rooms

4: Medical + Massage Room
5: Competition Office
6: Doctor + First Aid

Water Stations