

NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

Workplan

19th NORDIC CHAMPIONSHIPS 2024

The Danish Gymnastics Federation would like to welcome you all to the 19th Nordic Trampoline Championships held in Odense, Denmark.

Organizer

The Danish Gymnastics Federation in co-operation with Odense Gymnastik Forening.

Dates

Thursday October 17th to Sunday October 20th 2024.

Competition Venue

Odense Idrætshal, Israels Plads 3, 5200 Odense V, Denmark.

Provisional Schedule

Provisional Schedule is found in Appendix 1. The final schedule will be published after the drawing of lots.

Events

The Nordic Trampoline Championships will be held in the following classes:

Senior women and senior men

Born 2007 or earlier

Requirements FIG A

Junior girls and junior boys

Born 2008 to 2011

Requirements FIG B



Double Mini Trampoline competitions:

DMT senior women and senior men

Born 2007 or earlier

DMT junior girls and junior boys

Born 2008 to 2011

Un-official Nordic Trampoline competitions:

Senior women and senior men synchro

Born 2007 or earlier (or a senior and junior together)

Requirements FIG A

Junior girls and junior boys synchro

Born 2008-2011

Requirements FIG B

U 14 girls and boys

Born 2010 or later

Requirements 6 somersaults of min. 270°

Licenses

All seniors must have a valid FIG license.

Competition rules

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.

Statutes

Technical Regulations

Code of Points and relevant Newsletters

General Judges' Rules

Specific Judges' Rules

Doping Control Rules

Media Rules

Apparatus Norms

FIG Rules for Sanctioning (approval) of International Events

Advertising and Publicity Rules

The regulations for Nordic Championships - Trampoline



Orientation Meeting

The orientation meeting will be held on Thursday October 17th at 20.00 at the competition venue, meeting room 4.

Competition Cards

Competition cards are to be handed in at the Secretariat no later than Thursday October 17th at 19.30. The secretariat is situated in meeting room 2.

Competition Cards will be sent to you well in advance of the competition.

Finals

The 8 best competitors in the Nordic Championships classes for senior and junior in trampoline and DMT will qualify for the finals. The finals will be organized according to the regulations for the Nordic Trampoline Championships.

In the un-official classes the 6 best competitors will qualify for the finals.

Equipment

4 Eurotramp Ultimate 4 x 4 and Eurotramp DMT 6 x 6.

Judges

Judges with a FIG brevet

A Nordic country participating in any of the official Nordic Championship events senior and/or junior are obliged to send 3 judges holding a valid FIG brevet.

Total number of judges

Regardless of the above, all participating clubs are obliged to send judges as follows:

- 3 participants or more 1 judge (national or FIG brevet)
- 10 participants or more 2 judges (national or FIG brevet)
- 30 participants or more 3 judges (national or FIG brevet)

The same judge can be assigned as both Trampoline and DMT.

Please note that the organizer will not pay for travel costs, food or accommodation for the judges.

Judges' Panels

The Judges' panels will be announced no later than one week before the competition.

Insurance

Nor the organising club neither the Danish Gymnastics Federation can be held responsible for any liabilities in case of accidents and the like. Therefore, all delegations and participants must make their own arrangements as to insurance.



Transportation

Transportation to Odense

You can fly to Copenhagen. Take the train directly from Copenhagen Airport to the city center of Odense. It takes 1,5 hours.

You can fly to Billund Airport. Take a bus directly from Billund Airport to the train station of Vejle. It takes 30 minutes. From Vejle the train goes directly to the city center of Odense. It takes approx. 1 hour.

You can go by car. There is a Highway all the way from Copenhagen to Odense. It takes approx. 1,5 hours.

Transportation in Odense

All participating federations and clubs are responsible for their own transportation to and from the competition venue/hotels.

There is a tram running to/from the city center to the competition venue. It departs approx. every 10 minutes. The travel time is approx. 10 minutes each way.

You can find more information here: <https://www.odenseletbane.dk/english/>.

If you travel by car it is possible to park outside the competition venue free of charge.

Accommodation

Hotel Accommodation

All official accommodation is at Milling Hotels - Ansgar, Windsor, and Mini19 -

<https://millinghotels.dk/hoteller/>

All hotels are in walking distance of the tram - se transportation.

Some hotels offer parking. Information can be found at <https://millinghotels.dk/hoteller/>

Low Cost Accommodation

OGF Clubhouse, Stadionvej 43, 5200 Odense V.

The Clubhouse is situated in 5 minutes walking distance of the competition venue.

Bring your own mattress, sleeping bag, etc.

Breakfast is served at the clubhouse from 07.00 to 09.00.

Accreditation

Please register at the secretariat (meeting room 2) at your first visit to the competition venue.

Meals

For those of you who have ordered lunch and dinner, its served at the OGF's Clubhouse, 5 minutes walking distance from the competition venue.

Lunch Friday is served from 12.00 to 14.00.

Lunch Saturday is served from 11.30 to 14.00.



Dinner for Thursday and Friday is served from 18.00 to 19.30.
You will be able to buy drinks, coffee and snacks in the cafeteria located at the competition venue.

Banquet

The banquet is held at Nature Energy Park – the Football stadium next to the competition venue at the 3rd Floor, Saturday 19th October at 20.00.

Please notice that according to Danish law it is illegal to serve alcohol for youngsters under 18 years of age, and it is not allowed to bring your own beer, wine and alcohol.

Payments

The Danish Gymnastics Federation will send you an invoice. All payments must be settled before the start of the competition.

Nordic meeting

The Danish Gymnastics Federation would like to invite at least one person representing each of the Nordic Nations to a Nordic meeting to be held Friday October 18th right after the competition. The meeting is held at the competition venue.

Please send topics/questions from your federation that you want to be discussed at the meeting to Bo Zierau boz@gymdanmark.dk on October 3rd at the latest.

Contact persons at the secretariat

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Appendix 1

Schedule

Thursday

All day	Arrival of delegations
17:00-21:00	Free Training
20:00-20:30	Orientation meeting
20:30-21:00	Judges meeting

Friday

08.30– 10.00 General warm-up – trampoline and DMT
10.00 – 10.20 Qualification DMT Senior women (4)
10.20 – 10.45 Qualification DMT Senior men (7) synchro junior girls (7)
10.45 – 11.15 Qualification DMT Senior men (7) synchro junior boys (12)
11.15 – 11.45 Qualification DMT Junior girls (9)
11.45 – 12.10 Qualification DMT Junior girls (8) synchro women (8)
12.10 – 12.40 Qualification DMT Junior boys (10) synchro men (9)
12.00 – 14.00 Lunch available
12.40 – 13.40 Lunchbreak judges and warm-up for junior girls and boys
13.40 – 14.05 Qualification Trampoline Junior girls (9) and boys (9) – Group 1
14.05 – 14.30 Qualification Trampoline Junior girls (9) and boys (9) – Group 2
14.30 – 14.55 Qualification Trampoline Junior girls (8) and boys (8) – Group 3
15.00 – 16.00 Warm up for senior women and men
16.00 – 16.25 Qualification Trampoline Senior women (10) – Group 1
16.25 – 16.50 Qualification Trampoline Senior women (10) – Group 2
16.50 – 17.15 Qualification Trampoline Senior men (9) – Group 1
17.15 – 17.40 Qualification Trampoline Senior men (9) – Group 2
17.40 – 18.05 Qualification Trampoline Senior men (9) – Group 3
18.00 – 19.30 Dinner
20.00 Nordic Meeting

Saturday

08.30 – 10.00 General warm-up – U14 junior and senior
10.00 – 10.30 Qualification Trampoline U14 (age 12-14) girls (11) and boys (12) – Group 1
10.30 – 11.00 Qualification Trampoline U14 (age 12-14) girls (11) – Group 2
11.10 – 11.30 Finals U14 girls (8) and boys (8)
11.30 – 14.00 Lunch available
11.30 – 12.30 General warm-up – all finalists
12.30 – 13.00 Finals Trampoline synchro junior girls and boys
13.00 – 13.30 Finals Trampoline synchro senior women
13.30 – 14.00 Finals Trampoline synchro senior men



14.10 – 14.50 Finals 1 + 2 DMT Junior girls (8+4)
14.50 – 15.30 Finals 1 + 2 DMT Junior boys (8 and 4)
15.30 – 16.10 Finals DMT senior women (8 and 4)
16.10 – 16.50 Final DMT senior men (8 and 4)
17.00 – 17.30 Finals Trampoline Junior girls (8) and boys (8)
17.30 – 18.00 Final Trampoline senior women (8)
18.00 – 18.30 Final Trampoline senior men (8)
18.40 – 19.15 Award ceremony
20.00 Banquet and farewell party

Warm-up

Warm up immediately prior to the respective competition round will be allowed according to § 12.2 in the FIG CoP.



GymDanmark
DANISH GYMNASTICS FEDERATION