



**50<sup>th</sup> International Trampoline  
Competition of Friendship 2023**  
(Youth Olympic Hopefuls' Competition)  
**Jablonec nad Nisou (CZE), 13<sup>th</sup>-14<sup>th</sup> October 2023**



## DIRECTIVES

**Event ID: 17452**

Dear FIG affiliated Member Federation,

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

|                              |   |
|------------------------------|---|
| <b>DISCIPLINE</b>            | <b>Trampoline Gymnastics, Individual and Synchro Competition</b>  |
| <b>HOST FEDERATION</b>       | <b>Czech Gymnastics Federation</b><br>Zátopkova 100/2, P.O.Box 40, 160 17 Praha 6, Czech Republic<br>Contact person : Vladimír Zeman<br>Phone: (+ 420) 606 711 323<br>E-mail : <a href="mailto:trampoliny@gymfed.cz">trampoliny@gymfed.cz</a><br>Website : <a href="http://gymfed.cz">http://gymfed.cz</a>  |
| <b>LOCATION</b>              | <b>Jablonec nad Nisou, Czech Republic</b>   |
| <b>DATE</b>                  | From <b>13<sup>th</sup> to 14<sup>th</sup> October, 2023</b>  |
| <b>VENUE</b>                 | <b>City Sports Hall Jablonec nad Nisou</b><br>U Prehrady 4747/20 , 466 02 Jablonec nad Nisou, Czech Republic<br>Tel.: +420 483 368 740<br>e-mail: <a href="mailto:hala.recepce@sportjablonec.cz">hala.recepce@sportjablonec.cz</a> , web-site: <a href="http://www.sportjablonec.cz">www.sportjablonec.cz</a>   |
| <b>APPARATUS SUPPLIER</b>    | <b>Please refer to the attached apparatus list</b>  |
| <b>RULES AND REGULATIONS</b> | 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"><li>• Statutes</li><li>• Code of Ethics</li><li>• Code of Conduct</li><li>• Technical Regulations</li><li>• Code of Discipline</li><li>• Code of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li><li>• Licence rules (except for non competitive events)</li><li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li><li>• FIG Medical Guidelines for FIG Competitions and Events</li><li>• Media Rules</li><li>• Apparatus Norms</li><li>• Rules for Sanctioning (approval) of International Events</li><li>• Advertising and Publicity Rules</li><li>• Regulations for Award Ceremonies</li><li>• Accreditation Rules</li></ul> <i>and subsequent decisions of the FIG Executive Committee</i> |
| <b>FEDERATIONS INVITED</b>   | The Organizing Member Federation will invite all Member Federations according to the following principles:  |



|                               | Gymnasts from the FIG affiliated federations and/or their clubs in good standing, except from countries not allowed by the FIG or European Gymnastics exceptional measures, may participate. The clubs have to respect their national eligibility rules for participation in the international events.  |                            |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
|-------------------------------|---|----------------------------|----------------------------|----------------------------|--------------------------|-------------------|---------------------|---------------------------|-------------------|---------------------|-------------|---|---|---|-------------|-------------|---|---|---|-------------|-------------|----|---|---|----------------------------|----------------------------|----|---|---|--------------|-------------|
| <b>AGE LIMITS</b>             | <p><b>A. FIG sanctioned - men &amp; women, boys &amp; girls :</b></p> <ul style="list-style-type: none"> <li>- Senior individual</li> <li>- Senior synchro</li> <li>- Junior individual</li> <li>- Junior synchro</li> </ul> <p>Remarks :</p> <ul style="list-style-type: none"> <li>- Difficulty limit per element in junior category as per valid FIG Code of Points.</li> </ul> <p><b>All gymnasts must have a valid FIG licence until the end of the event. Gymnasts without the FIG licence will be not allowed to start.</b></p> <p><b>B. FIG not sanctioned:</b><br/>For Age Group categories 13-14 &amp; 11-12 (not sanctioned) see the part Additional information at the end of Directives.</p>   |                            |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| <b>JUDGES AND JURIES</b>      | <p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline (TRA).</b></p> <p>All participating delegations have to provide 1 judge for 1-8 gymnasts, 2 judges for 9-16 gymnasts, etc.</p> <p>Higher entry fee (EUR 50,-) per gymnast / pair, will be applied for federations / clubs with more than two (2) gymnasts for the number of gymnasts with missing judge. Examples:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Gymnasts</th> <th>Pairs</th> <th>judges</th> <th>Ind.fee</th> <th>Syn.fee</th> </tr> </thead> <tbody> <tr> <td>2</td> <td>1</td> <td>0</td> <td>(2x 40 EUR)</td> <td>(1x 40 EUR)</td> </tr> <tr> <td>8</td> <td>4</td> <td>0</td> <td>(8x 50 EUR)</td> <td>(4x 50 EUR)</td> </tr> <tr> <td>8</td> <td>4</td> <td>1</td> <td>(8x 40 EUR)</td> <td>(4x 40 EUR)</td> </tr> <tr> <td>16</td> <td>8</td> <td>1</td> <td>(8x 40 EUR)<br/>(8x 50 EUR)</td> <td>(4x 40 EUR)<br/>(4x 50 EUR)</td> </tr> <tr> <td>16</td> <td>8</td> <td>2</td> <td>(16x 40 EUR)</td> <td>(8x 40 EUR)</td> </tr> </tbody> </table> | Gymnasts                   | Pairs                      | judges                     | Ind.fee                  | Syn.fee           | 2                   | 1                         | 0                 | (2x 40 EUR)         | (1x 40 EUR) | 8 | 4 | 0 | (8x 50 EUR) | (4x 50 EUR) | 8 | 4 | 1 | (8x 40 EUR) | (4x 40 EUR) | 16 | 8 | 1 | (8x 40 EUR)<br>(8x 50 EUR) | (4x 40 EUR)<br>(4x 50 EUR) | 16 | 8 | 2 | (16x 40 EUR) | (8x 40 EUR) |
| Gymnasts                      | Pairs   | judges                     | Ind.fee                    | Syn.fee                    |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| 2                             | 1   | 0                          | (2x 40 EUR)                | (1x 40 EUR)                |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| 8                             | 4   | 0                          | (8x 50 EUR)                | (4x 50 EUR)                |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| 8                             | 4   | 1                          | (8x 40 EUR)                | (4x 40 EUR)                |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| 16                            | 8   | 1                          | (8x 40 EUR)<br>(8x 50 EUR) | (4x 40 EUR)<br>(4x 50 EUR) |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| 16                            | 8   | 2                          | (16x 40 EUR)               | (8x 40 EUR)                |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| <b>REGISTRATION DEADLINES</b> | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Provisional registration :</td> <td style="width: 20%;"><b>30.06.2023</b></td> <td style="width: 30%;">entry form attached</td> </tr> <tr> <td>Definitive registration:</td> <td><b>15.08.2023</b></td> <td>entry form attached</td> </tr> <tr> <td>Nominative registration :</td> <td><b>20.09.2023</b></td> <td>entry form attached</td> </tr> </table> <p>LOC contact - email : <a href="mailto:trampoliny@gymfed.cz">trampoliny@gymfed.cz</a></p>   | Provisional registration : | <b>30.06.2023</b>          | entry form attached        | Definitive registration: | <b>15.08.2023</b> | entry form attached | Nominative registration : | <b>20.09.2023</b> | entry form attached |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| Provisional registration :    | <b>30.06.2023</b>   | entry form attached        |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| Definitive registration:      | <b>15.08.2023</b>   | entry form attached        |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| Nominative registration :     | <b>20.09.2023</b>   | entry form attached        |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| <b>ENTRY FEES</b>             | <p>Entry fee <b>EUR 40,-</b> per gymnast, <b>EUR 40,-</b> per synchronised pair, <b>EUR 50,-</b> per gymnast / pair from federations / clubs with more than two (2) gymnasts for the number of gymnasts / pairs with missing judge.</p> <p>Entry fees are non-refundable.</p>   |                            |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| <b>ACCREDITATION</b>          | <p>Accreditation will be held at the competition venue.</p> <p>During accreditation the following will be checked as well:</p> <ul style="list-style-type: none"> <li>- delegation members participation</li> <li>- proof of the cover notes or photocopy of the valid insurance policy</li> <li>- payments (entry fees, accommodation, Prague transfers, T-shirts)</li> <li>- FIG licence, passport, personal ID, etc. may be requested.</li> </ul> <p>The Competition Cards should be handed in during the accreditation.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>  |                            |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |
| <b>EVENT FORMAT</b>           | <p>Valid FIG Trampoline Code of Points and FIG Junior and WAGC Rules will be applied.</p> <p>Semi-Finals (Q2) for senior categories only:</p> <ul style="list-style-type: none"> <li>- top 24 gymnasts from qualification (Q1) if 48 or more nominative entries</li> <li>- top 16 gymnasts from qualification (Q1) if 32 or more nominative entries</li> <li>- no semi-final if less than 32 nominative entries in the category</li> </ul> <p>Finals will start from zero. Eight (8) finalists (6 finalists if 7-8 participants, 4 finalists if 5-6 participants, 3 finalists if 3-4 participants in category).</p>   |                            |                            |                            |                          |                   |                     |                           |                   |                     |             |   |   |   |             |             |   |   |   |             |             |    |   |   |                            |                            |    |   |   |              |             |

|                             |   |
|-----------------------------|---|
|                             | <p>In addition, the host CZE federation is allowed one gymnast / pair in any competition / category in case if it is not represented at respective final / semi-final.</p> <p>Qualification (Q1):</p> <ul style="list-style-type: none"> <li>- <u>Seniors</u>: 2 voluntary exercises, better counts (FIG A)</li> <li>- <u>Juniors</u>: first exercise with FIG requirements + voluntary routine (FIG B)</li> </ul> <p>Difficulty limit per element as per valid FIG Code of Points (junior categories).<br/>Insufficient participation: if less than 3 participants in a category, the category can be cancelled.</p>   |
| <b>PROVISIONAL SCHEDULE</b> | <p><b>Thursday 12.10.2023</b> Arrivals to Jablonec or Prague<br/>Free / Scheduled training (14.00 - 20.00)</p> <p><b>Friday 13.10.2023</b> Scheduled training<br/>Orientation meeting, instruction</p> <p><b>Saturday 14.10.2023</b> Competition Day 1<br/>Scheduled training<br/>Competition Day 2<br/>Closing Evening Party</p> <p><b>Sunday 15.10.2023</b> Departures from Jablonec/Prague</p> <p><b>Definitive time schedule will be sent with the Work Plan and handed out upon arrival.</b></p>   |
| <b>MEDICAL SERVICES</b>     | <p>Medical services will be provided by the LOC during trainings and competitions. Closest hospital is Nemocnice Jablonec nad Nisou, Nemocniční 4446, 466 01 Jablonec nad Nisou.</p>  |
| <b>COVID-19</b>             | <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> <p>All participants have to follow the Anti-Covid-19 measurements. The Heads of the Delegations and the coaches are responsible for their delegations' members.</p>  |
| <b>VISA</b>                 | <p>Please verify immediately with your travel agent or the Czech Republic Embassy or Consulate in your country if a visa is required for your travel to Czech Republic. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>15.08.2023</b> to the LOC.</p> <p>The request must include full name, function, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>  |
| <b>INSURANCE</b>            | <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, quarantine, repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations and clubs 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 <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p> <p>Czech Gymnastics Federation and the LOC recommend that each delegation takes travel insurance including Covid-19 as illness and an eventual needed quarantine period and appropriate cancellation insurance also for the travel and accommodation.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).</p> <p>Delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance available on the Czech insurance market at the Federations own charge.</p> |

|  |   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
|--|---|----------------|-------------------|----------------|-------------------|--|-------------------|----------------|-------------------|----------------|-------------------|--|-------------------|
| <b>SAFEGUARDING</b>                        | <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>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| <b>INTERNATIONAL TRANSPORTATION</b>        | <p>The participating federations and clubs must pay for the travel costs of their delegation members. Czech Gymnastics Federation and the LOC recommend that each delegation takes appropriate cancellation insurance for the international transportation.</p> <p>The Travel Form must be returned to the LOC by <b>20.09.2023</b>.</p>  |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| <b>LOCAL TRANSPORTATION</b>                | <p><b>Prague transfers</b></p> <p>The city of Jablonec nad Nisou is situated 120 km of Czech capital Prague. The Organizing Committee will provide the transportation from Prague Airport / train station / bus station to Jablonec nad Nisou and back to Prague Airport / train station / bus station for all those who have ordered this in the Definitive entry. Cost per person (return) is <b>EUR 55,-</b>.</p> <p><b>Local shuttle service</b></p> <p>Shuttle bus service between the Package A or B hotel(s) and Sports Hall will operate from Thursday October 12<sup>th</sup>, 2023 to Saturday October 14<sup>th</sup>, 2023 with priority for all those who have selected the Accommodation Packages A or B.</p>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| <b>ACCOMMODATION</b>                       | <p>The invited participating federations and clubs must pay for the accommodation and meals expenses of their delegation members.</p> <p><b>Option A:</b></p> <p><b>Hotel Břízky***+</b>, Průběžná 22, 466 04 Jablonec nad Nisou, Czech Republic, tel.: +420 483 737 240, e-mail: <a href="mailto:hotel@brizky.cz">hotel@brizky.cz</a>, web site: <a href="http://www.brizky.cz">www.brizky.cz</a>, free parking, 1 km walking to the sports hall.</p> <p><b>Full package = 3 nights</b> with breakfast, dinner on Thursday and Friday, lunch on Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers. Prices for <u>whole stay</u> (=3 nights) <u>per person</u> :</p> <table data-bbox="526 1265 1276 1377"> <tr> <td>in single room</td> <td><b>390, - EUR</b></td> </tr> <tr> <td>in double room</td> <td><b>310, - EUR</b></td> </tr> <tr> <td><i>(in triple room - limited capacity)</i></td> <td><b>310, - EUR</b></td> </tr> </table> <p>For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on <a href="mailto:trampoliny@gymfed.cz">trampoliny@gymfed.cz</a> if necessary.</p> <p><b>Cancellation policy :</b></p> <p>- cancellation after October 2<sup>nd</sup> or no show of the team : cancelation fee of EUR 85 per person in single room and EUR 60 per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.</p> <p><b>Option B:</b></p> <p><b>Hotel Rehavital***</b>, Jugoslávská 30/11, 466 01 Jablonec nad Nisou, Czech Republic, Tel.: +420 483 317 591, e-mail: <a href="mailto:info@rehavital.cz">info@rehavital.cz</a>, web site: <a href="http://www.rehavital.cz">www.rehavital.cz</a>, in the city center, 1,5 km walking to the sports hall.</p> <p><b>Hotel Zlatý Lev***+</b>, Kostelní 19/1, 466 01 Jablonec nad Nisou, Czech Republic, tel.: +420 483 333 000, e-mail: <a href="mailto:info@zlatylevibc.cz">info@zlatylevibc.cz</a>, web site: <a href="http://www.zlatylevibc.cz">www.zlatylevibc.cz</a>, free parking, 2 km walking to the sports hall.</p> <p><b>Full package = 3 nights</b> with breakfast, dinner on Thursday and Friday, lunch on Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers. Prices for <u>whole stay</u> (=3 nights) <u>per person</u> :</p> <table data-bbox="526 1904 1276 2016"> <tr> <td>in single room</td> <td><b>330, - EUR</b></td> </tr> <tr> <td>in double room</td> <td><b>285, - EUR</b></td> </tr> <tr> <td><i>(in triple room - limited capacity)</i></td> <td><b>285, - EUR</b></td> </tr> </table> <p>For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on <a href="mailto:trampoliny@gymfed.cz">trampoliny@gymfed.cz</a> if necessary.</p> | in single room | <b>390, - EUR</b> | in double room | <b>310, - EUR</b> | <i>(in triple room - limited capacity)</i> | <b>310, - EUR</b> | in single room | <b>330, - EUR</b> | in double room | <b>285, - EUR</b> | <i>(in triple room - limited capacity)</i> | <b>285, - EUR</b> |
| in single room                             | <b>390, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| in double room                             | <b>310, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| <i>(in triple room - limited capacity)</i> | <b>310, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| in single room                             | <b>330, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| in double room                             | <b>285, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |
| <i>(in triple room - limited capacity)</i> | <b>285, - EUR</b>   |                |                   |                |                   |  |                   |                |                   |                |                   |  |                   |



|   |  |   |                   |                |                   |                                    |                               |             |          |                 |  |
|---|--|---|-------------------|----------------|-------------------|------------------------------------|-------------------------------|-------------|----------|-----------------|--|
|   | <p><b>Cancellation policy :</b></p> <ul style="list-style-type: none"> <li>- cancellation after October 2<sup>nd</sup> or no show of the team : cancelation fee of EUR 70 per person in single room and EUR 50 per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.</li> </ul> <p><b>Option C:</b></p> <p><b>Hotel Merkur***</b>, Anenské náměstí 8, 466 04 Jablonec nad Nisou, Czech Republic, tel.: +420 483 312 741, e-mail: <a href="mailto:recepce@hotelmerkur.cz">recepce@hotelmerkur.cz</a>, web site: <a href="http://www.hotelmerkur.cz">www.hotelmerkur.cz</a>, in the city center, 2 km walking to the sports hall.</p> <p><b>Full package = 3 nights</b> with breakfast, dinner on Thursday and Friday, lunch on Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers. Prices for <u>whole stay</u> (=3 nights) <u>per person</u> :</p> <table> <tr> <td>in single room</td> <td><b>310, - EUR</b></td> </tr> <tr> <td>in double room</td> <td><b>260, - EUR</b></td> </tr> <tr> <td>(in triple room - limited capacity</td> <td><b>260, - EUR</b></td> </tr> </table> <p>For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on <a href="mailto:trampoliny@gymfed.cz">trampoliny@gymfed.cz</a> if necessary.</p> <p><b>Cancellation policy :</b></p> <ul style="list-style-type: none"> <li>- cancellation after October 2<sup>nd</sup> or no show of the team : cancelation fee of EUR 60 per person in single room and EUR 45 per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.</li> </ul> <p>The official accommodation capacity is limited and will be handled on the “first come first serve” basis. In the case of exceeding the limit the appropriate alternative accommodation will be offered by the LOC by individual way. The prices charged for the hotel rooms will not exceed the usual hotel rates.</p> <p><b>Cancellation insurance:</b></p> <p>Czech Gymnastics Federation and the LOC strongly recommend that each delegation takes appropriate cancellation insurance also for the accommodation.</p> | in single room                                | <b>310, - EUR</b> | in double room | <b>260, - EUR</b> | (in triple room - limited capacity | <b>260, - EUR</b>             |             |          |                 |  |
| in single room                                | <b>310, - EUR</b>  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| in double room                                | <b>260, - EUR</b>  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| (in triple room - limited capacity            | <b>260, - EUR</b>  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>MEALS</b>                                  | Meals are included into the official accommodation packages A, B and C. Participants not using the official accommodation package may order extra lunch in Sports Hall restaurant on Friday and/or Saturday for <b>EUR 18, -</b> each.   |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>FINAL BANQUET</b>                          | Closing party with dinner is included into the accommodation packages A and B. Participants not using the official accommodation package may order extra banquet for <b>EUR 45, -</b> per person.  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>BANK ACCOUNT INFORMATION</b>               | <p>Payment deadline for entry fees + accommodation + extra meals + extra banquet + Prague-Jablonec return transfer costs is <b>30.08.2023</b>.</p> <p>Payment has to be transferred to:</p> <table> <tr> <td colspan="2">Moneta Money Bank, Vítězné náměstí 2, Praha 6</td> </tr> <tr> <td>Account No.</td> <td>1724809504/0600</td> </tr> <tr> <td>IBAN</td> <td>CZ64 0600 0000 0017 2480 9504</td> </tr> <tr> <td>BIC / SWIFT</td> <td>AGBACZPP</td> </tr> <tr> <td>Payment purpose</td> <td>Friendship Cup - NF (club) - specification for Czech Gymnastics Federation, Zátokova 100/2, P.O.Box 40, 160 17 Praha 6</td> </tr> </table> <p>The participating federation / club is responsible for covering all bank fees in connection with the bank transfers.</p> <p>On request, the LOC can accept the cash payment upon arrival.</p>   | Moneta Money Bank, Vítězné náměstí 2, Praha 6 |                   | Account No.    | 1724809504/0600   | IBAN                               | CZ64 0600 0000 0017 2480 9504 | BIC / SWIFT | AGBACZPP | Payment purpose | Friendship Cup - NF (club) - specification for Czech Gymnastics Federation, Zátokova 100/2, P.O.Box 40, 160 17 Praha 6 |
| Moneta Money Bank, Vítězné náměstí 2, Praha 6 |  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| Account No.                                   | 1724809504/0600  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| IBAN  | CZ64 0600 0000 0017 2480 9504  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| BIC / SWIFT                                   | AGBACZPP   |   |                   |                |                   |                                    |                               |             |          |                 |  |
| Payment purpose                               | Friendship Cup - NF (club) - specification for Czech Gymnastics Federation, Zátokova 100/2, P.O.Box 40, 160 17 Praha 6   |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>MARKETING</b>                              | FIG advertising and publicity norms must be respected  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>MEDIA</b>                                  | <p>Contact for Media :</p> <p>Czech Gymnastics Federation<br/>Zátokova 100/2, P.O.Box 40, 160 17 Praha 6, Czech Republic<br/>Contact person : Vladimír Zeman<br/>Phone / Fax : (+ 420) 606 711 323, E-mail : <a href="mailto:zeman@gymfed.cz">zeman@gymfed.cz</a></p>  |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>CZECH TV</b>                               | Czech TV will broadcast the competition highlights. 2022 highlights can be found here: <a href="https://bit.ly/40WN1S4">https://bit.ly/40WN1S4</a>   |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>WEB STREAMING</b>                          | Will be available on the Czech Gymnastics GymTV: <a href="https://www.gymtv.cz/">https://www.gymtv.cz/</a> .   |   |                   |                |                   |                                    |                               |             |          |                 |  |
| <b>SOCIAL MEDIA</b>                           | <p>Czech Gymnastics Federation (CGF) website: <a href="https://www.gymfed.cz/">https://www.gymfed.cz/</a><br/>Event documents on the CGF website: <a href="https://www.gymfed.cz/kalendar/detail/2782">https://www.gymfed.cz/kalendar/detail/2782</a><br/>CGF Facebook: <a href="https://www.facebook.com/CeskaGymnastickaFederace">https://www.facebook.com/CeskaGymnastickaFederace</a></p>  |   |                   |                |                   |                                    |                               |             |          |                 |  |

|   |   |                          |            |   |            |                   |            |   |            |                         |            |             |            |
|---|---|--------------------------|------------|---|------------|-------------------|------------|---|------------|-------------------------|------------|-------------|------------|
|   | <p>Czech Trampoline Team on Facebook:<br/> <a href="https://www.facebook.com/czechtrampolineteam">https://www.facebook.com/czechtrampolineteam</a><br/> CGF Instagram: <a href="https://www.instagram.com/czechgymnasticsfederation/">https://www.instagram.com/czechgymnasticsfederation/</a><br/> Czech Trampoline Team on Instagram:<br/> <a href="https://www.instagram.com/czechtrampolineteam/">https://www.instagram.com/czechtrampolineteam/</a><br/> CGF YouTube: <a href="https://www.youtube.com/c/GymfedCz">https://www.youtube.com/c/GymfedCz</a></p>  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| <b>FRIENDSHIP CUP 2023 T-SHIRTS</b>   | The LOC will hand out the Friendship Cup 2023 T-Shirts (á EUR 18, -) to all those who have sent their order with the Definitive Entry. Limited quantity will be also available for the purchase during the event.   |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| <b>MISCELLANEOUS</b>  | For the additional services (visa, additional accommodation, banquet tickets for those who have not selected the official accommodation, special travel arrangements, Prague sightseeing etc.) do not hesitate contact us please.   |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| <b>DEADLINES SUMMARY</b>  | <table border="1"> <tr> <td>Provisional Registration</td> <td>30.06.2023</td> </tr> <tr> <td>Definitive Registration (incl. accommodation, extra meals, extra banquet, Prague transfers, T-shirts)</td> <td>15.08.2023</td> </tr> <tr> <td>Visa Request Form</td> <td>15.08.2023</td> </tr> <tr> <td>Payment (entry fees, accommodation, extra meals, extra banquet, Prague transfers, T-shirts)</td> <td>30.08.2023</td> </tr> <tr> <td>Nominative Registration</td> <td>20.09.2023</td> </tr> <tr> <td>Travel form</td> <td>20.09.2023</td> </tr> </table>  | Provisional Registration | 30.06.2023 | Definitive Registration (incl. accommodation, extra meals, extra banquet, Prague transfers, T-shirts) | 15.08.2023 | Visa Request Form | 15.08.2023 | Payment (entry fees, accommodation, extra meals, extra banquet, Prague transfers, T-shirts) | 30.08.2023 | Nominative Registration | 20.09.2023 | Travel form | 20.09.2023 |
| Provisional Registration  | 30.06.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| Definitive Registration (incl. accommodation, extra meals, extra banquet, Prague transfers, T-shirts) | 15.08.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| Visa Request Form   | 15.08.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| Payment (entry fees, accommodation, extra meals, extra banquet, Prague transfers, T-shirts)           | 30.08.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| Nominative Registration   | 20.09.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| Travel form   | 20.09.2023  |                          |            |   |            |                   |            |   |            |                         |            |             |            |
| <b>ADDITIONAL INFORMATION</b>   | <p><b><u>Age Group Competition (not sanctioned)</u></b><br/> individual (TRI) &amp; Synchro (TRS):</p> <ul style="list-style-type: none"> <li>- <b>girls AG</b> 11-12 years (born 2011-2012), 13-14 years (born 2009-2010)</li> <li>- <b>boys AG</b> 11-12 years (born 2011-2021), 13-14 years (born 2009-2010)</li> </ul> <p>Remarks:</p> <ul style="list-style-type: none"> <li>- In Age Group synchronised competitions, the age of the older gymnast determines the category in which the pair must enter.</li> <li>- Requirements for first routine as per FIG Junior and WAGC Rules (FIG 11-12, 13-14), no first routine in synchro</li> <li>- Difficulty limit per element in AG 11-12 &amp; 13-14 category as per valid FIG Junior and WAGC Rules.</li> </ul> <p><b><u>For Age Group Competition only:</u></b></p> <ul style="list-style-type: none"> <li>- FIG licence is recommended for the gymnasts. Delegations have to prove the age of the gymnasts (FIG licence, national licence, passport, personal ID, insurance, etc.), if requested by LOC.</li> <li>- If 5 or less participants/pairs in the category, no qualification will be held (final only). If 3 or less participants/pairs in the category, the category may be joined to another category or cancelled.</li> <li>- Also national judges with highest national category may be accepted. The LOC may require the proof of the national judging brevet or ask respective NF for confirmation the national category.</li> </ul> |                          |            |   |            |                   |            |   |            |                         |            |             |            |

Sincerely Yours,

Prague, 26<sup>th</sup> May 2023



  
Roman Slavik  
Secretary General of the Czech Gymnastics Federation