

Uppsala · Sweden

16-17th October 2026

WORK PLAN

Version: V2 - 2026.09.25

Changes/additions are marked with yellow background

SWEDISH GYMNASTICS

Swedish Gymnastics Federation

Uppsala Gymnastikförening

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1 Introduction

Swedish Gymnastics (host federation) and Uppsala GF (local organising committee) welcome you all to Uppsala October 16th-17th, 2026.

This work plan for the **20th Nordic Trampoline Championships** to be held in Uppsala from 15th until 17th October 2026 has been developed jointly by the host federation, the local organising committee (LOC) and the Nordic Trampoline Commission (NTC) in accordance with the following regulations and rules:

- Nordic Championships Trampoline Technical Regulations (2026)
- Agreement for co-operation within Nordic Gymnastics (2026)
- **World Gymnastics' rules and regulations,** the latest updated versions of**: a)** Statutes, **b)** Trampoline Code of Points, **c)** Apparatus Norms and **d)** Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events.

All participating federations and clubs commit to respecting the above rules and regulations, particularly those concerning the age and nationality of gymnasts, and the requirements related to insurance.

Federations/clubs which have not fulfilled their financial obligations towards the LOC will not be allowed to participate in these championships.

The official language of these Nordic Championships will be English. Interpretation from and into any other language must be organized by the respective delegation. Announcements will be made in English. This Work Plan is available in English only.

If there are any further changes, another revised work plan, starting order(s), and schedules will be sent to the Head of Delegations via email addresses and the WhatsApp numbers provided at accreditation. This information will also be regularly updated on https://www.gymnastik.se/tavling/masterskap/nordic-trampoline-championships-2026.

The Head of Delegation/delegation members must bring their own work plan and all appendices.

2 Host federation and LOC

Local organising committee	*Host federation*
Uppsala GF	**Swedish Gymnastics Federation**
Anne Borgklint	Anna Gustafsson
+46 73 9039636	+46 8 699 64 83
anne.borgklint@gmail.com	trampolin@gymnastik.se
www.uppsalagf.se	www.gymnastik.se

LOC officials

L.O.C. President	Ms. Anne BORGKLINT
Competition Director	Mr. Ulf ANDERSSON
Equipment Manager	Mr. Gustav TINGELÖF
Judges' liaison	Ms. Jenny SÖDERLUND
Medical Services	Ms. Madeleine STJERNBERG
Head of Secretariat	Mr. Robert PAULSSON
Official Photographer	Mr. Kevin ISRAELSSON
President Uppsala GF	Mr. Lucien GUSTAVSSON

Other officials

Swedish Gymnastics (SvGF) representative	Ms. Anne-Lee HOLM, member of the Board
Swedish Gymnastics (SvGF) Trampoline TC rep.	Mr. Alex FREJEMARK
SvGF staff, sports coordinator	Ms. Anna GUSTAFSSON

Nordic Trampoline Commission (NTC)

Nordic trampoline co-ordinator	Mr. Ulf ANDERSSON
Member (FIN)	Ms. Valpuri TAULASALO
Member (FIN)	Ms. Sonia SOLISMAA
Member (SWE)	Ms. Madeleine STJERNBERG
Member (DEN)	Ms. Trine FREDERIKSEN
Member (DEN)	Mr. Ole HOLMSKOV

LOC Office

The LOC office will be located at the competition venue and will be in operation from October 15th until October 17th 2026.

The Competition Director phone number is as follows: +46 73-9039636

3 Disciplines and classes

The championships will be organised in the following disciplines:

- Individual trampoline (seniors, juniors)
- Double Mini-Trampoline (seniors, juniors)
- Synchronised trampoline (seniors, juniors)

Each competition has male and female categories.

Please note that it is NOT permitted to register a gymnast in a senior category (for example ind. trampoline) and the same gymnast in a junior category (for example DMT). I.e. gymnasts born in 2009 must choose if they are seniors or juniors. Delegations that have made such registrations will be contacted by the LOC.

Un-official events will be organised as follows:

- Nordic Youth Open - individual trampoline
- Nordic Youth Open - Double Mini-Trampoline

Each competition has male and female categories.

3.1 Preliminary programme (updated 260924)

Thursday 15th October			
All day		Arrival of delegations	Uppsala
17:00	21:00	Open training (all participants)	FoP, Fyrishov A*
17:00	19:55	Accreditation (all federations and clubs)	Fyrishov
19:00	21:00	Dinner	Foajé A, Fyrishov
20:00	21:15	Orientation meeting (all federations and clubs)	Meeting room K7, Fyrishov

Friday 16th October			
08:30	09:55	General warm-up – TRA and DMT (juniors and seniors)	FoP, Fyrishov A
09:00	09:45	Judges' instruction	Meeting room K7, Fyrishov
10:00	12:24	Qualification DMT and SYN juniors & seniors	FoP, Fyrishov A
12:00	14:00	Lunch is served	Foajé A, Fyrishov
12:24	13:55	Lunch break judges and warm-up for TRA juniors	
14:00	18:22	Qualification TRA juniors & seniors	FoP, Fyrishov A
~~18:24~~	~~19:11~~	~~Semifinal TRA juniors girls~~ (see also 9.6)	~~FoP, Fyrishov A~~
18:00	20:00	Dinner	Foajé A, Fyrishov)
19:45	21:00	Open Nordic Trampoline meeting (see also 14.2)	Meeting room K7, Fyrishov

Saturday 17th October			
08:30	09:25	General warm-up – NYO gymnasts	FoP, Fyrishov A
09.00	09.20	Judges' instruction for NYO judges	T.B.A.
09:30	11:26	Qualification TRA and DMT NYO	FoP, Fyrishov A
11:31	12:10	Finals DMT and TRA NYO	FoP, Fyrishov A
12:00	14:00	Lunch is served	Foajé A, Fyrishov
12:10	13:10	General warm-up – all remaining finalists	FoP, Fyrishov A
12:45	13:10	Judges' instruction	Meeting room, Fyrishov
13:15	13:25	Opening ceremony	FoP, Fyrishov A
13:30	14:09	Finals SYN (juniors and seniors)	FoP, Fyrishov A
14:11	14:44	Finals DMT (juniors and seniors)	FoP, Fyrishov A
14:49	15:27	Finals TRA (juniors and seniors)	FoP, Fyrishov A
15:32	16:02	Award ceremony	FoP, Fyrishov A
19:00	23:00	Banquet and farewell party	Elite Hotel Academia

* *No possibility to shower after 21.00*

For a more detailed time schedule, see appendix 1.

4 Participation

Participating delegations as per the definitive registration:

- National Federations: NF Sweden, NF Finland, NF Denmark
- From Sweden: Västra Frölunda TK, Uppsala GF, Sjövalla FK, Upplands Väsby GK, Klippans GK, FK Tor, TK Levo, Åstorps GF, Karlskrona GF, KFUM G:A
- From Finland: Espoon TT, Tampereen voimistelijat
- From Denmark: Haslev TT, Københavns TK, Springteam Nordjylland, Greve Gymnastik og Trampolin, IK Skovbakken
- From Estonia: Biomechanics Group SC, EST*

** = Participants representing Biomechanics Group (EST) are competing in these Nordic Championships 'hors concours'.*

Estimated participation per event as per September 24th, 2026:

Federation/club	Females	Males
TRA seniors	20	19
TRA juniors	27	29
DMT seniors	11	12
DMT juniors	18	20
SYN seniors	5	6
SYN juniors	10	9
NYO TRA	23	8
NYO DMT	14	3

Hors concours

According to the Agreement for co-operation within Nordic Gymnastics (2026) comprise the following federations: the Danish Gymnastics Federation, the Icelandic Gymnastics Federation, the Faroe Gymnastics Federation, the Norwegian Gymnastics Federation, the Finnish Gymnastics Federation and the Swedish Gymnastics Federation.

Gymnasts/pairs representing a non-Nordic club/federation are competing **hors concours**, i.e. they can't receive medals and will receive an un-official ranking. Hors concours gymnasts may compete in finals but cannot knock out finalists from DEN, FIN or SWE (= there will be more than 8 finalists).

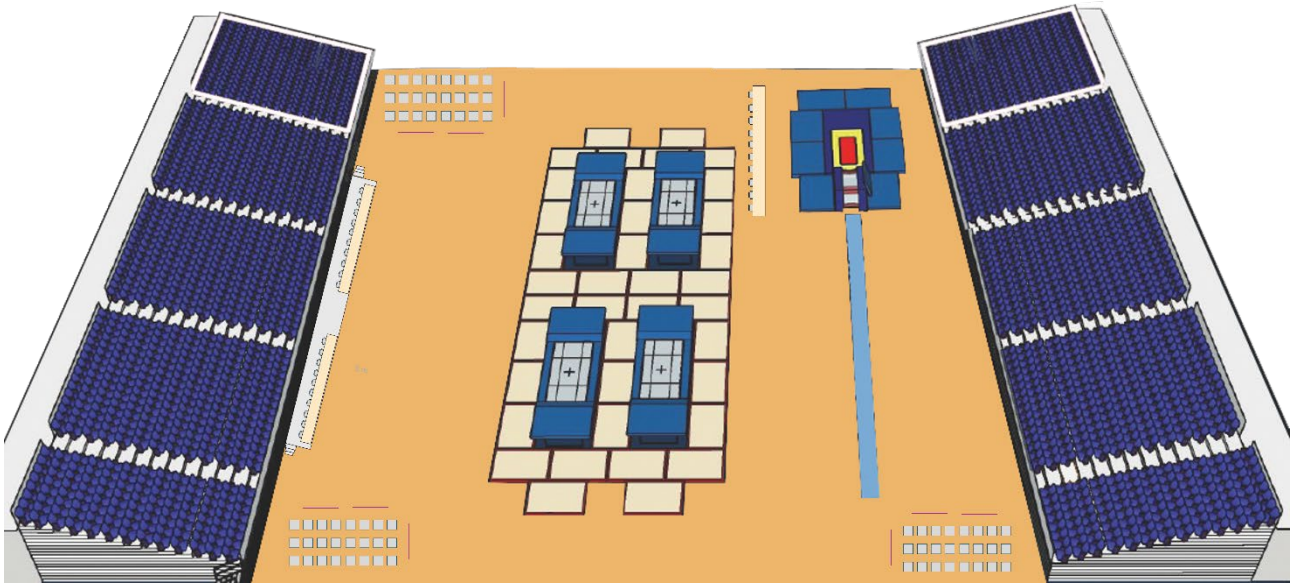
5 Venue

The championships will be held in Uppsala, a city located about 70 km north of Stockholm. The venue, **Fyrishov Arena** is located in the northern part of Uppsala, approximately 2 km from Uppsala Central Station and within walking distance from the city centre. The walk from the central station to the venue takes approximately 20–25 minutes. Address: Idrottsgatan 3, SE-753 33 Uppsala, Sweden.



For more information on the venue: https://fyrishov.se/

5.1 Competition hall



The competition will take place in Hall A of Fyrishov. For more details on the venue and the Field of Play, see appendices 2 and 3.

5.2 Apparatus

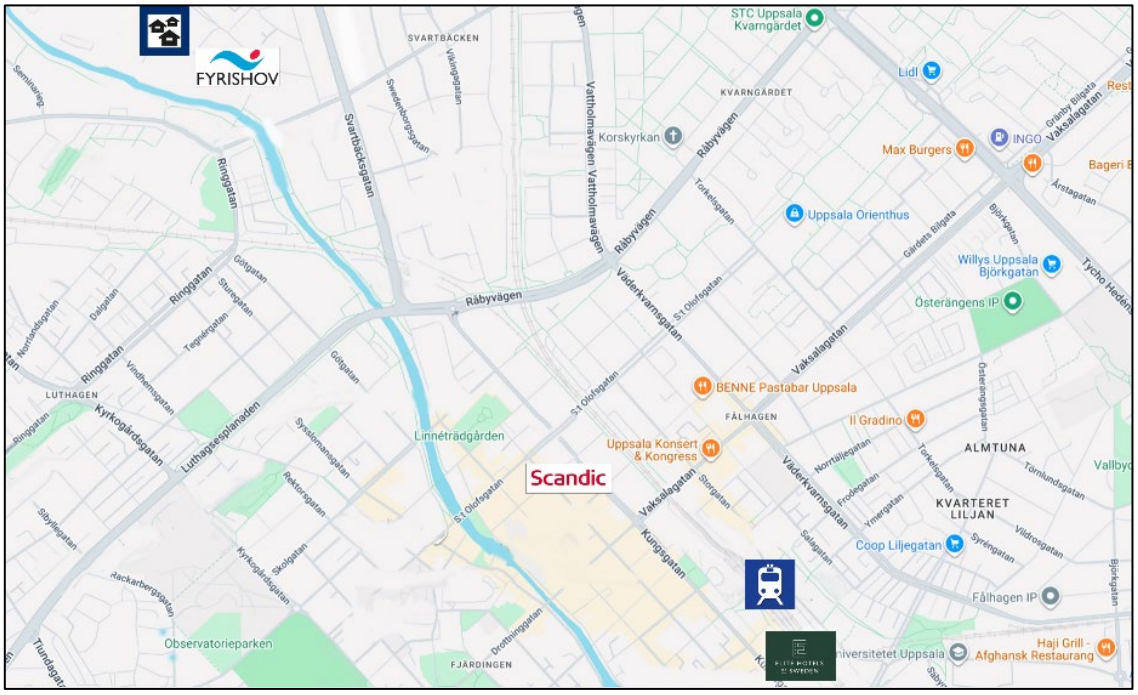
Competition equipment will be provided as follows:

- Four (4) trampolines — Eurotramp Ultimate 4x4
- Trampoline Measurement System — Eurotramp
- One (1) DMT — Eurotramp Ultimate 6x6

The DMT run-up will be 25m.

6 Accommodation & meals

The organizer offers accommodation for all participants. Accommodation is possible from Thursday to Sunday and is offered in various prize categories. Booking of accommodation and meals as well as payment should have been cleared by **September 16th.**



6.1 Meals, etcetera

Lunches and dinners will be served at the Fyrishov Arena, in foajé A.

- Lunch can be ordered for Friday and Saturday at a price of **SEK 110** per day per person.
- Dinner can be ordered for Thursday and Friday at a price of **SEK 130** per day per person.

Menu

Water, bread & butter are served with all meals.

Dinner Thursday:	Chicken, rice, vegetables & tomato sauce.
Lunch Friday:	Lasagna & salad.
Dinner Friday:	Pork tenderloin, potato wedges, salad & béarnaise sauce.
Lunch Saturday:	Swedish meatballs, penne pasta & salad
Banquet Saturday:	Grilled chicken, oven-baked salmon, jasmine rice, roasted potatoes, baked sweet potato, creamy pasta salad & quinoa salad. Dessert: Chocolate mud cake with whipped cream. Banquet includes: Water, bread & butter, coffee & tea.

There will be a LOC cafeteria open from Friday, where you will be able to buy drinks, coffee and snacks and light food (small pizzas and toasts). You can pay by cash, card or Swish (a mobile payment system used in Sweden).

If anyone in your delegation has special needs regarding food – e.g. vegetarian, vegan, allergies, etc - special notes should have been noted in the registration forms.

6.2 Meal hours

Breakfast	at the respective hotel	Elite Hotel Academia	Thursday-Friday Saturday-Sunday	06.00-10.00 07.00-11.00
		Scandic Uplandia	Thursday-Friday Saturday-Sunday	06.30-09.30 07.00-10.30
		Scandic Nord	Thursday-Friday Saturday-Sunday	06.00-09.30 06.30-10.30
Lunches	Foajé A at Fyrishov		Friday & Saturday	12.00-14.00
Dinners	Foajé A at Fyrishov		Thursday Friday	19,00-21.00 18.00-20.00
Banquet	Elite Hotel Academia		Saturday	19.00-23.00

6.3 Banquet/Farwell Dinner

The banquet will be held on Saturday 17th October at **Elite Hotel Academia**. The price is **SEK 470** per person. **Don't forget the accreditation card!**

Swedish Gymnastics follow the policy of Riksidrottsförbundet (Swedish Sports Confederation) regarding alcohol. The minimum age for alcohol consumption in Sweden is 18 years according to Swedish law. The delegations are responsible for the proper behaviour of their participants. If any under-age participant is under the influence of alcohol, they will be banned from the banquet. Every adult must be able to prove their age with a valid ID if they want to buy alcohol in banquet.

7 Transport

7.1 Airport/train station information and transportation

No transfer will be arranged by the LOC from/to airports or train stations.

Delegations are responsible for arranging their own transport to Uppsala. The nearest international airport is Arlanda Airport, located approx. 3,6 km from Uppsala.

The train from Arlanda Airport is a +20 min journey). For more info on transfers, please first consult: https://www.ul.se/en, (Arlanda airport - Uppsala central)
Other alternatives https://www.malardalstrafik.se/en/, https://www.sj.se/en?lang=en , https://sl.se/en/in-english.

7.2 Local transportation

Delegations are responsible for organizing their own local transports during the championships in Uppsala, including transportation between the venue and hotels, to and from meetings, etc. For more info on local buses, please consult https://www.ul.se/en (from Uppsala central to Fyrishov).

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

8 Competition

8.1 Rules

The valid WGYM Code of Points (2025-28) will applied for the Nordic Championships, except for any exceptions mentioned in the Nordic Championships Trampoline Regulations and/or this work plan.

Tie-breaking rules: If two or more gymnasts or pairs have the same total score, Art. 4.4 of WGYM Technical Regulations, Section 4 will be applied.

Nordic Youth Open DMT girls: In this event, there could be more than 12 gymnasts in the one starting group (at the moment there are 14 girls registered in that class). For reference, see §1.2.4 in the CoP.

8.2 Requirements

- TRA/SYN/DMT seniors: as per FIG A
- TRA/SYN/DMT juniors: as per FIG B
- TRA/ DMT Youth: see appendix 5

8.3 Warm-up area

The gymnastics hall (located next to Hall A) will serve as general warm-up/stretching area. The apparatuses in the gymnastics hall are not to be used by the NCH participants. The warm-up area is reserved mainly for the athletes in the next competing/warm-up group.

8.4 Competition warm-up / One-touch and two-touch

- **DMT**: Two-touch before the qualification round (according to the starting order)
  Two-touch before Final 1 (according to the starting order)
  No warm-up before Final 2

TRA & SYN: One-touch before the qualification round (according to the starting order)*
One-touch before the final (according to the starting order)*

** 45 seconds/gymnast or pair, the time starts when the previous gymnasts descends the trampoline; warm-up will be supervised by judges and timed: if "your" trampoline is free do not wait for "your turn". The E-judges will be required to assist the CJP in controlling the warm-up.*

Please respect the time schedule and only warm up on the competition trampolines when it is your designated warm-up time.

8.5 Qualifications

TRA seniors: If a gymnast decides NOT to perform the second routine in preliminaries, she/he or a coach must immediately inform the floor manager or the CJP

8.6 Finals

- **TRA and DMT:** Semifinals (Q2) are only to be held if there are a minimum of 32 gymnasts/pairs entered after the nominative registration deadline This is not the case in any of the events at the 2026 Nordic Championships which means that no semifinals will be held.
- Based on the nominative registrations and in consultation with the Nordic Trampoline Commission, the LOC reserves the right to adjust the starting order if required for organizational reasons (e.g., training, warm-up, or competition conflicts).
- There will be up to 8 finalists in all TRA and SYN classes (including NYO).
- DMT: F1 for top 8, F2 for top 4 from F1 (including NYO).
- All semi-finals & finals will start from zero.
- There is no limit regarding the number of participants per country in the finals.
- The starting order for all finals will be decided by a draw respecting rule 1.3.1 of the Code of Points. The starting orders (för Q1 and F) will be found on https://www.acro-companion.com.
- For all finals, two reserves will be designated, taking into account the list of results of the previous round. If called upon, a reserve works in accordance with the order of the gymnast replaced.
- Reserve athletes are designated based on the previous competition round. The 1st reserve must:
  - be present in the training hall
  - be ready to compete in case of substitution
  - if called upon, reserves will follow the competition order of the athlete or team they replace.
  - reserve athletes may use the Training Hall until the start of the respective Final

8.7 Starting orders

The draw for starting orders will take place in Stockholm on October 1se under the supervision of Ulf Andersson, Nordic trampoline co-ordinator. The starting orders will be distributed to all participating delegations during week 40.

8.8 Smooth running of the competition

- DMT: Competition will run using two judges' panels and one piece of apparatus, alternating male and female gymnasts
- TRA: The two panels will run independently in qualifications but in finals we will alternate
- SYN: In both qualications and finals we will alternate
- TRA & SYN: gymnasts should get ready on the trampoline bed after the preceding gymnast finished his/her routine, so that he/she can start immediately when the judges have finished the previous gymnast.
- TRA/SYN/DMT: 1) the group with the highest number of gymnasts will start (if equal: women first), 2) if panel A has 8 gymnasts and panel B has 12 gymnasts: the alternation will continue directly after the first exercise.
- In case we run ahead of schedule, we will continue in order. The only **set** start times are the following: the starting time of each day, 14:00 on Friday and 13:30 on Saturday.

8.9 Competition cards

Competition cards will not be used. As a consequence, the D-judges must make distinct notes of elements performed. These notes will be collected by the secretariat after each competition round.

8.10 Inquiries

Inquires will be accepted as per Reg. 8.5 of WGYM Technical Regulations, Section 1:

- Only the D-score may be subject to an Inquiry. Inquiries cannot be withdrawn once submitted.
- Inquiries must be submitted using the official inquiry form to the Inquiry Officer:
  - before the score for the next gymnast or unit is displayed or,
  - for the last gymnast or unit in a rotation, within two minutes after the score is displayed.
- An Inquiry Officer will verify if the inquiry was submitted within the deadline and record this on the official inquiry form. The inquiry officer will be located at the "Technical table" next to the TRA judges' podium (see appendix 3).
- ~~The cost per inquiry is EUR 300 for the first, EUR 500 for the second, and EUR 1,000 for each subsequent inquiry throughout the entire duration of the competition (and not starting from "1" again at each competition phase).~~
- ~~If the Difficulty score is increased, the fee is waived; if it remains unchanged or is reduced, the fee is charged to the delegation in question and transferred to the organising NF. Inquiry costs will be invoiced to the NFs by the organising NF after the competition. No payment will be accepted on site.~~

8.11 Spotters

The organizer will provide six (6) spotters during competition (not during *training*, *warm-up* or *one-touch*).

Please have in mind that the spotters are not all coaches or other well trained spotters and you can replace one or more spotters with your own spotter if needed

Every competitor must have at least one coach or fellow delegation member spotting beside the trampoline during the competiton.

9 Protocol

9.1 Opening ceremony

At the opening ceremony that takes place on Saturday at 13.15-13.25, the participating countries and clubs will be presented. One gymnast per delegation (federation or club) is asked to take part in the opening. He/she must wear their official track-suits and must report to the floor managers no later than 13.05.

9.2 March-ins

- Roll-calls for each starting group will take place appr. 5 min before the previous group finishes their competition.
- The previous group leaves the competition area (march out) at the same time next group is marching in
- For march-in's, the gymnasts are asked to wear their track-suit.

9.3 Kiss & Cry

- There might be a designated Kiss & Cry Zone. More information on this topic will be given at the Orientation meeting.

9.4 Award ceremonies

The award ceremony will take place on Saturday after all finals. Only the medal winners will march in. Please ensure that your delegations' medallists are in time for the line-up at the march-in spot well before the award ceremony starts.

The national flags of the top three competitors per category will be hoisted, and the national anthem (short version, max 45 sec.) of the winner(s) will be played. After the playing of the national anthem, gymnasts are requested to face all directions, together, to wave to the spectators and to allow photographers to take photos of all medallists.

9.5 Diplomas

Every participant will receive a diploma. The diplomas will be distributed digitally after the event.

10 Medical matters, etc

10.1 Medical service & first aid

Paramedics will be available in the competition arena Thursday, Friday and Saturday.

First aid will is only able to take care of only those accidents or needs that are caused by acute incidents during the event. Chronic issues end the like cannot be taken care of by this service.

10.2 Doping Controls

Doping control tests may be conducted by Antidoping Sweden - Sweden's national anti-doping organization. Antidoping Sweden will be responsible for deciding the number of tests and for choosing the athletes. Doping controls may be conducted at any time throughout the event.

11 Responsibility of the delegations

11.1 Age of gymnasts

- **Seniors and juniors**: according to Art. 2 in Section II of the Technical Regulations. *The gymnasts have the right to participate if they reach the determined min/max age during the year of the competition.*
- **Nordic Youth Open classes:** Gymnasts born 2012-15 (aged 11-14 in 2026)



Note! In the Directives, it was stated that the Youth/U14 class is open to gymnasts born 2012-2014 which is incorrect. The Nordic Youth Open classes are open to gymnasts born 2012-2015. Please also note that in the online registration form it was still written 2013-2015 (which is incorrect)!

11.2 Nationality of gymnasts

Seniors and juniors: according to Art. 2 in Section II of the Technical Regulations.

11.3 National identification or emblem

Wearing a national identification or emblem is optional at the Nordic Trampoline Championships.

11.4 Insurance

Nor the organizing club neither the Swedish 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.

11.5 Publicity rules

Publicity rules will be imposed according to the section "Advertising Rules" in the Agreement for co-operation within Nordic Gymnastics (2026).

11.6 Accreditation process and accreditation cards

Accreditation will take place at Fyrishov arena on Thursday 15th of October from 17:00 to 19:55. Only the Head of Delegation of each delegation or a person appointed by him/her can carry out the accreditation process.

Upon accreditation, Heads of Delegation or his/her designated substitute will be required to complete the following:

- Verify the correct names of all delegation members
- Verify the correct age of all competitors
- Present valid passports for all delegation members (for proof of identity and nationality), if not already submitted via email
- Present a valid written confirmation regarding health and accident insurance. This insurance must cover all official members of the delegation, both gymnasts and officials.
- Confirm the delegation's contact details (email and mobile phone) for proper and timely delivery of gymnasts' start lists, judges' lists, and results
- Provide proof of fulfilment of all financial obligations to the LOC and finalize any pending payments, including (but not limited to):
- Verify accommodation and meal arrangements

- Verify return travel information
- Confirm the accuracy of the Federation's national anthem as presented by the LOC, and sign the confirmation form.

Please also note that each Head of Delegation for the respective nation (i.e. Sweden, Denmark, Finland and Estonia) must bring their national flag (ca 180 cm x 110 cm) and present it at accreditation.

All official delegation members will receive an accreditation card. The accreditation card is personal and non-transferable. The accreditation card is compulsory to get access to the competition venue. Replacing a lost accreditation pass will cost SEK 400.

11.7 Access to the Field of Play

Access to the Field of Play is granted only to gymnasts, coaches, judges, technical assistants, competition's medical staff and the organizing committee.

12 Judges

Delegations must provide judges according to Art. 4 of the Nordic Championships Trampoline Regulations. Failure to do so will result in a penalty fee of €200/required judge.

Judges will be served coffee, water, snacks/fika *(no light food such as pizza or toast)* and other refreshments during competition.

The judges ha ve to be on their places 15 minutes before the competition start.

12.1 Judges meetings and instructions

Judges are requested to arrive in Uppsala no later than Thursday evening and must remain available until the last day of the competition. Judges' instructions (compulsory for all judges) will be given Friday at 09.30 am, Saturday at 09.00 (only for those judging the NYO events) and Saturday at 12:45. Exact location will be communicated during the Orientation meeting. Judges who fail to participate will not be authorized to judge and may face warnings or sanctions.

Acro-companion instruction
Scoring instruction will be held in the Judges' Meeting Room (to be confirmed) in connection to the judges' meeting on Friday.

12.2 Judges' panels

All the judges' panels will be set up by the Nordic Trampoline Commisssion and will be submitted to all participating delegations no later than October 8th.

If any judge wishes to change their position they need to contact Mr. Ulf Anderssson (ulf.andersson@gymnastik.se) asap.

Changes in the panels (for finals) will only be made in exceptional cases and after decision by the Jury of Appeal.

12.3 Jury of Appeal

The members of the Jury of Appeal (JoA) will be settled during the Orientation meeting on Thursday. It will be composed of:

- **Ms. Anne Borgklint,** competition director (chair)
- D-judge no. 7 of the concerned panel
- one representative from each federation: FIN, SWE and DEN. This person cannot be an active judge ~~or coach~~
- Any JoA member must **recuse** herself/himself if he/she is not neutral in the actual case.

National federations must inform Ms. Borgklint about their representative within 30 minutes after the end of the Orientation meeting.

13 Meetings

13.1 Orientation meeting

The Orientation meeting for Head of Delegations and maximum two other officials from each delegation will take place on Friday at 20:00-21.15 in a meeting room at Fyrishov arena. LOC President Anne Borgklint will lead the meeting together with Ulf Andersson and Gustav Tingelöf.

Attendance is compulsory for every delegation.

13.2 Open Nordic Trampoline meeting

This bi-annual open meeting, organized by NF Sweden, the NF responsible for trampoline and DMT according to the Nordic Gymnastics Agreement, will be held on Friday from 19:45-21:00 at a location that will be announced later.

Any proposals for discussion must be submitted to ulf.andersson@gymnastik.se by September 16th and the agenda will be distributed to all NF's no later than one week before the meeting.

Every delegation member is welcome to participate the Nordic meeting ~~but voting right is restricted to 1 vote/NF.~~

14 Results & information

14.1 Results service

Results will be provided via ACRO COMPANION. You will be able to find all the starting orders, results, etc live on https://www.acro-companion.com.

No hard copies of any documents will be available for distribution. All starting orders, intermediate results and final results' book will be sent ONLY via email to the delegation's official email and head of delegations's (or his/her representative) email. Delegations will be requested to inform the LOC about the correct email address upon accreditation. In addition, all the necessary information will be communicated via a WhatsApp group (see info below).

Only 1 set of starting orders and results set will be posted on a wall outside Hall A (see appendix 2).

14.2 Information

- A WhatsApp-group for the 2026 Nordics has been set up. All HoDs are required and all officials are invited to join the group.
- Information regarding competition, schedules, contact numbers and notifications will be made available there (replacing delegation boxes).
- Please, respect the others (athletes and other people at the event) and be considerate while taking photos/videos

15 Audience

15.1 Entrance

Entrance to the 2026 Nordic Trampoline Championships at Fyrishov Arena is **free of charge**.

15.2 Streaming

We will be broadcasting the competition via streaming (including commentating in English and live results), as a pay-per-view service. Please feel free to share the link so that those who cannot attend in person in Sweden have the opportunity to watch it remotely: Gympabubblanplay.

16 Misc.

16.1 Safeguarding

From the official arrival date until the official departure date of the event, all participants (gymnasts, coaches, judges, and delegation members) may contact the Safeguarding Officer via phone, WhatsApp, or email in case of harassment, abuse, or any concerns affecting their comfort or safety.

Additionally, posters featuring the "10 Golden Rules of Gymnastics"—the WGYM campaign promoting youth protection awareness—will be displayed at multiple locations, including training halls, warm-up areas, and public zones.

16.2 Seating for delegation members and VIP:s

Delegation seating: delegation members are requested to use only the appropriate area (see appendix 3). The accreditation card gives you access to the assigned seating area. Reserved seats will be available for the Head of Delegation and other VIP's in the competition hall.

16.3 Laptop

It is highly recommended that the Head of Delegation, judges, and any other accredited persons attending meetings bring their personal computers and/or tablets to Uppsala. Meetings may be held online, and the LOC will not provide any computers or tablets. It is the responsibility of each individual to have the necessary equipment and internet access to participate.

16.4 Broadcasting, filming and photos

All exercises will be video recorded. Photos without flash may be taken from the seats in the competition hall. Personal filming in the competition hall: any commercial, promotional, or public use is prohibited.

Participation, registration and payments

16.5 Participation and registrations

- The deadline for the definitive registration was July 15th.
- The deadline for the nominative registrations and submitting meal forms, accommodation forms, travel forms and rooming lists is **September 16th.**
  - It is allowed to participate in both Nordic Junior Championships and Nordic Youth Open (additional entry fee: €25/gymnast)
- Late nominative entries will be accepted until October 1st. After that date late entries will only be acceptable in case of withdrawals in that particular class and after approval of the NTC.

16.6 Registration changes

All changes have to be announced immediately to the competition director (withdrawals, name changes, replacements, etc)

16.7 Financial obligations – payment

The LOC will send individual invoice to the clubs/national federation after the definitive registration. The invoice will cover accommodation, meals/banquet and entry fee.

The deadline for payment of the invoice was September 16th

The participating delegation is responsible for covering all bank fees in connection with the bank transfers.

The entry fees are as follows:

- Participation per gymnast in NCH or NYO: €50/gymnast (regardless of number of classes)
- Gymnasts participating in both Nordic Championships and Nordic Youth Open: additional €25/gymnast

In the case of none participation of a gymnast/pair that has been included in the nominative registration, the entry fee will not be reimbursed.

Registration or payment being made too late, implies a penalty of **SEK 500** per started week the registration/payment hasn't been paid.

Failure to register or provide a judge: €200/required judge.

17 General Data Protection Regulation (GDPR)

By registering for the competition, the participating delegations have approved that the contact details for the delegation and the person responsible for the registration are processed and stored by the Swedish Gymnastics Federation.

Purpose of processing personal data in connection with competition registration: Competition administration, federation and association administration, fee management, license administration. The storage time for your personal data varies depending on what the information is needed for. The starting point is that information should not be stored longer than necessary for the current purpose.

18 Competition merch

Official merchandise items for the Nordic Trampoline Championships 2026 in Uppsala will be available, information will be sent out separately to all delegations.

19 Deadlines

16th September	*Nominative registration closes*
16th September	*Deadline for booking of accommodation, meals & banquet*
16th September	*Submission of travel schedule (arrivals and departures)*
16th September	*Submission of rooming list*
16th September	*Deadline for payment of accommodation, meals & entry fees*
16th September	*Deadline to send input for the Open Nordic Trampoline meeting*
28th September	Announcement of the NTC meeting agenda
~~1st October~~	~~Deadline for placing orders for 2026 NCH merchandise~~
1st October	Drawing of lots
4th October	Publication of the drawing of lots
7th October	Announcement of the judges' panels (at the latest)
15th October	Submission of each NF's representative in the Jury of Appeal (@ 21:45)

WELCOME TO UPPSALA AND SWEDEN!

Uppsala, 25th September 2026

Anne Borgklint, L.O.C. President

Legend

CJP	Chair of Judges' Panel
CoP	Code of Points
NF	National Federation
NTTR	Nordic Trampoline Technical Regulations
WGYM	World Gymnastics (formerly known as FIG)
LOC	Local Organising Committee
NCH	Nordic Championships
NTC	Nordic Trampoline Commission
NYO	Nordic Youth Open
NF	National Federation

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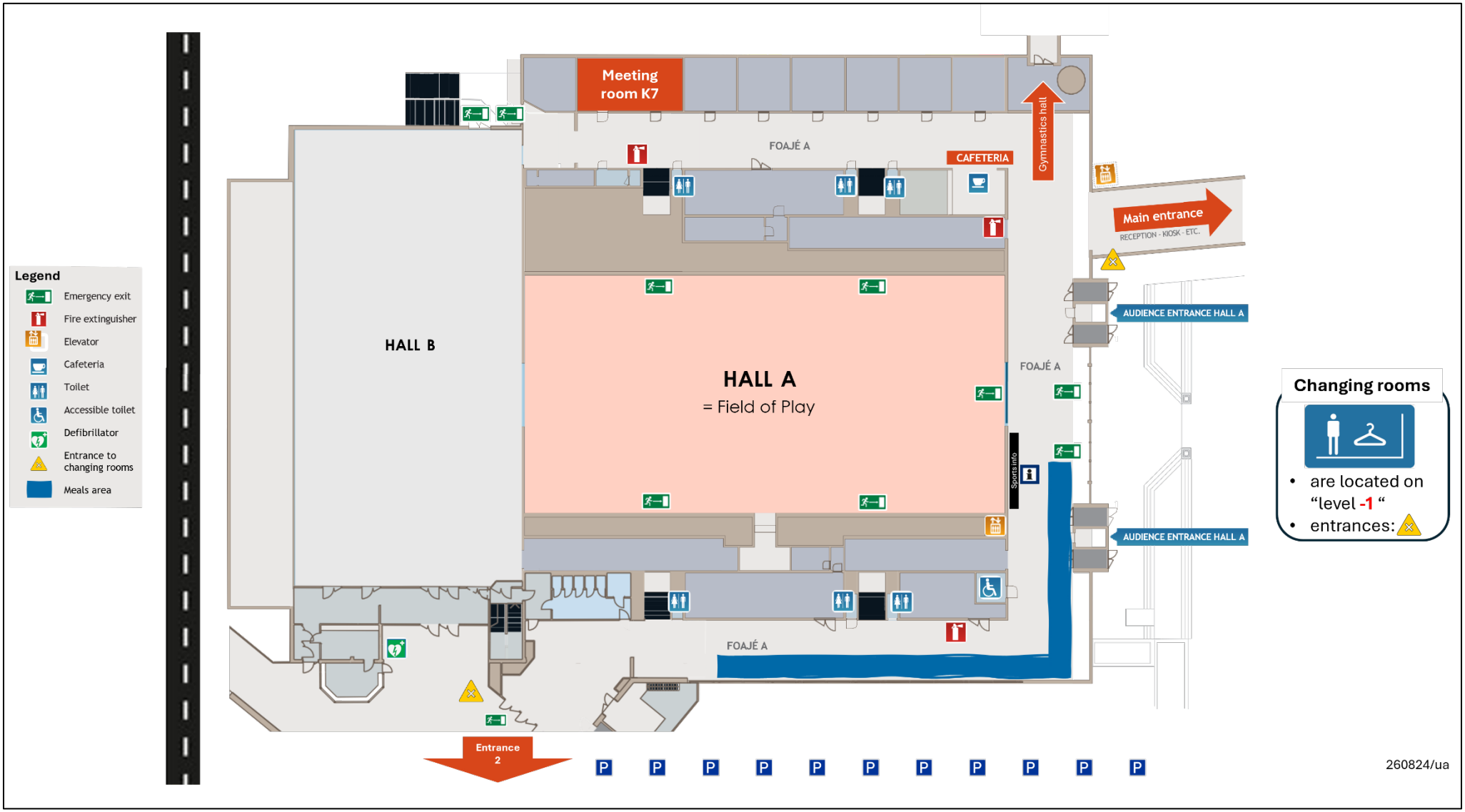
Appendix 1 – Preliminary schedule (subject to changes)

Thursday 15th October			
All day		Arrival of delegations	Uppsala
17:00	21:00	Open training (all participants)	FoP, Fyrishov A
17:00	19:55	Accreditation (all federations and clubs)	Fyrishov
19:00	21:00	Dinner	Foajé A, Fyrishov
20:00	21:15	Orientation meeting (all federations and clubs)	Meeting room K7, Fyrishov

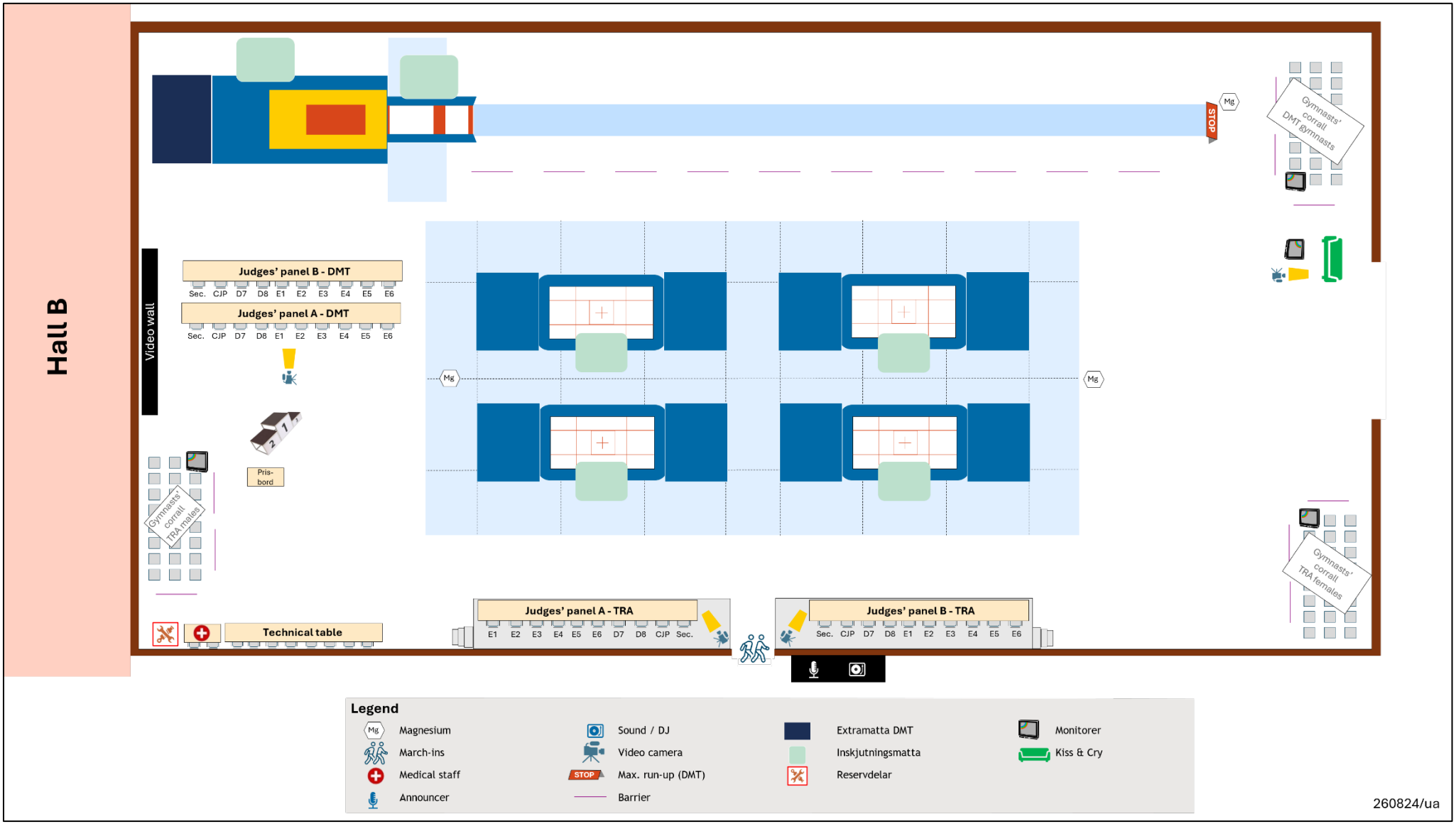
Friday 16th October			
08:30	09:55	General warm-up – TRA and DMT (juniors and seniors)	FoP, Fyrishov A
09:00	09:45	Judges' instruction	Meeting room K7, Fyrishov
10:00	10:46	Qualification DMT juniors (2 groups)	FoP, Fyrishov A
10:48	11:14	Qualification DMT seniors (1 group)	FoP, Fyrishov A
11:19	11:57	Qualification SYN juniors (1 group)	FoP, Fyrishov A
11:59	12:24	Qualification SYN seniors (1 group)	FoP, Fyrishov A
12:00	14:00	Lunch is served	Foajé A, Fyrishov
12:24	13:55	Lunch break judges and warm-up for TRA juniors	
14:00	15:58	Qualification TRA juniors (3 groups)	FoP, Fyrishov A
16:00	17:05	Warm up for TRA seniors	FoP, Fyrishov A
17:10	18:22	Qualification TRA seniors (2 groups)	FoP, Fyrishov A
~~18:24~~	~~19:01~~	~~Semifinal TRA juniors girls (2 groups) see also 9.6~~	~~FoP, Fyrishov A~~
18:00	20:00	Dinner	Foajé A, Fyrishov
19:15	21:00	Open Nordic Trampoline meeting (see also 14.2)	T.B.A.

Saturday 17th October			
08:30	09:25	General warm-up – NYO gymnasts	FoP, Fyrishov A
09.00	09.20	Judges' instruction for NYO judges	T.B.A.
09:30	10:51	Qualification TRA NYO (2 groups)	FoP, Fyrishov A
10:56	11:26	Qualification DMT NYO (1 group)	FoP, Fyrishov A
11:31	11:47	Finals DMT NYO	FoP, Fyrishov A
11:52	12:10	Finals TRA NYO	FoP, Fyrishov A
12:00	14:00	Lunch is served	Foajé A, Fyrishov
12:10	13:10	General warm-up – all remaining finalists	FoP, Fyrishov A
12:45	13:10	Judges' instruction	Meeting room K7, Fyrishov
13:15	13:25	Opening ceremony	FoP, Fyrishov A
13:30	13:50	Finals SYN juniors	FoP, Fyrishov A
13:52	14:09	Finals SYN seniors	FoP, Fyrishov A
14:11	14:27	Finals DMT juniors	FoP, Fyrishov A
14:29	14:44	Finals DMT seniors	FoP, Fyrishov A
14:49	15:08	Finals TRA juniors	FoP, Fyrishov A
15:10	15:27	Finals TRA seniors	FoP, Fyrishov A
15:32	16:02	Award ceremony	FoP, Fyrishov A
19:00	23:00	Banquet and farewell party	Elite Hotel Academia

Appendix 2 – Fyrishov Arena



Appendix 3 – Field of Play



260824/ua

Appendix 4 – Misc. registration forms

This appendix is obsolete!

Appendix 5 – Inquiry form

INQUIRY

Date: _____ **Discipline** (TRA/SYN/DMT): _____

Competition round (Q1/Q2/F1/F2): _____

The Federation of: _____

represented by: _____

hereby remits this inquiry:

He/she considers that the **difficulty score** for the exercise presented by the gymnast(s):

_____

does not correspond to the real value of his/her/their presentation

Signature: _____

Motivation of the Inquiry:

.....

.....

New version: September 2026

Time of reception: _____

Appendix 6 – NYO requirements

Nordic Youth Open Trampoline:

Gymnasts born 2012-15 (aged 11-14 in 2026)

Requirements:

- the first exercise consists of 10 different elements
- only two (2) elements allowed with less than 270° somersault rotation
- required elements:
  1) one (1) element landing on the front of the body,
  2) one (1) element landing on the back of the body and
  3) one (1) element with a minimum of 360° twist and a min. of 360° somersault rotation

  The requirements cannot be fulfilled by combining them into one element but must be performed as separate elements

Penalty if requirements are not met: 2,0 p. D-penalty per occasion.

Nordic Youth Open DMT:

Gymnasts born 2012-15 (aged 11-14 in 2026)

~~Requirements (per exercise):~~

- ~~one (1) element with a minimum of 360° twist and a minimum of 360° somersault rotation.~~

Requirements (per competition round):

- at least one (1) combination in each round must have a total dificulty of at least 1.5 p.
- no repetition of elements is allowed in the same round

Penalty if requirements are not met: 2,0 p. D-penalty per occasion.