

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



COIMBRA PARKOUR WORLD CUP 13TH TO 15TH SEPTEMBER 2024



DIRECTIVES

EVENT ID: 17536

Dear FIG Affiliated Member Federation,

Following the decision of the Executive Committee, the Gymnastics Federation of **Portugal** has the pleasure to invite your Federation to participate in the aforementioned official FIG Parkour World Cup.

FIG	Fédération Internationale de Gymnastique (FIG) Contact Person: Jakub Koslacz Avenue de la Gare 12A 1003 Lausanne Switzerland Tel: +41 (0) 21 321 55 10 / Direct +41 (0) 21 321 55 44 e-mail: jkoslacz@fig-gymnastics.org , lvidmer@fig-gymnastics.org website: https://parkour.sport/ http://www.gymnastics.sport/site/
HOST FEDERATION	Gymnastics Federation of Portugal Contact Person: João Marques Estrada da Luz, n.º 30-A 1600-159 Lisboa, Portugal Tel: (+351) 21 814 11 45 Fax: (+351) 21 814 29 50 e-mail: federacao@ginastica.org website: www.ginastica.org
ORGANIZING COMMITTEE	Associação Académica de Coimbra Secção de Ginástica R. Padre António Vieira, 1 3000-315 Coimbra, Portugal Contact Person: Jorge Abrantes Mobile: +351 918 733 044 e-mail: parkour@coimbragymfest.org website: http://coimbragymfest.org/en/home/
EVENT MANAGER	Executive Director: Jorge Abrantes R. Padre António Vieira, 1 3000-315 Coimbra, Portugal Mobile: (+351) 918 733 044 e-mail: parkour@coimbragymfest.org website: http://coimbragymfest.org/en/home
LOCATION	Coimbra - Portugal
DATE	From 13th to 15th September, 2024
VENUE	Parque Verde Avenida Emídio Navarro 3000 Coimbra, Portugal

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APPARATUS SUPPLIER	Gymnova / Brick
PROVISIONAL SCHEDULE	<p>Wednesday, 11th September 2024</p> <p>Arrival of Delegations</p> <p>Thursday, 12th September 2024</p> <p>08:00-09:00 Orientation meeting</p> <p>10:00-11:00 Training Speed Men Group 1 11:00-12:00 Training Freestyle Men Group 1 12:00-13:00 Training Speed Men Group 2 13:00-14:00 Training Freestyle Men Group 2 14:00 -15:00 Training Speed Women Group 1 15:00-16:00 Training Freestyle Women Group 1 16:00-17:00 Training Freestyle Women Group 1 17:00-18:00 Training Freestyle Women Group 2</p> <p>Friday, 13th September 2024</p> <p>09:00-10:00 Training Speed Women Group 1 10:00-11:00 Training Speed Women Group 2 11:00-12:00 Training Speed Freestyle Men Group 1 12:00-13:00 Training Speed Freestyle Men Group 2 13:00-13:30 Warm-Up Speed Women 13:30-14:00 Qualification Speed Women 14:00-14:30 Warm-Up Freestyle Men First Part 14:30-16:30 Qualification Freestyle Men First Part 16:30-17:00 Warm-Up Freestyle Men Second Part 17:00-19:00 Qualification Freestyle Men Second Part</p> <p>Saturday, 14th September 2024</p> <p>08:00 - 09:00 Training Freestyle Women 09:00 - 10:00 Training Speed Men Group 1 10:00 - 11:00 Training Speed Men Group 2 11:00 - 11:30 Warm-Up Freestyle Women 11:30 - 12:30 Qualification Freestyle Women 12:30 - 13:00 Warm-Up Speed Men 13:00 - 15:00 Qualification Speed Men 15:00 - 16:00 Training Speed Women 16:00 - 17:00 Training Freestyle Men 17:00-17:15 Touch Warm-Up Speed Women 17:15-17:30 Semi-Final Speed Women 17:30-17:45 Touch Warm-Up Freestyle Men 17:45-18:15 Final Freestyle Men 18:15-18:30 Touch Warm-Up Speed Woman 18:30-18:45 Final Speed Woman 18:45-19:00 Award Ceremony</p>

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	<p>Sunday, 15th September 2024</p> <p>10:00-11:00 Training Speed Men 11:00-12:00 Training Freestyle Women</p> <p>14:00-14:30 Warm-Up Speed Men 14:30-15:00 Warm-up Freestyle Women 15:00-15:15 Touch Warm-Up Speed Men 15:15-15:30 Semi-Final Speed Men 15:30-15:45 Touch Warm-Up Freestyle Women 15:45-16:15 Final Freestyle Women 16:15-16:30 Touch Warm-Up Speed Men 16:30-16:45 Final Speed Men 16:45-17:00 Award Ceremony</p> <p>Monday, 16th September 2024 Departure</p> <p>Note: No athlete may enter the field of play outside of his/her designated training or competition times. There is also no training permitted once the event is concluded. Non-compliance could lead to disqualification from the competition and/or FIG disciplinary action.</p>																											
<p>COMPETITION FORMAT</p> <p>SEE ALSO WORLD CUP RULES</p>	<p>Competitions consist of Qualifications, Semi-Finals (Speed only) and Finals. The score from Qualification will not be carried forward. All runs, also the Finals, start from 0 points.</p> <p>- Refer to the “Rules for the FIG Parkour World Cup” 2021-2024 and PK Technical Regulations in force for 2024 for all the details regarding the organization and the competition</p>																											
<p>FEDERATIONS INVITED PARTICIPATION</p>	<p>The FIG will invite all FIG Member Federations in good standing. During the 2024 World Cup Series, the FIG is entitled to invite the five best ranked athletes in each event from the valid World Cup Ranking List, as well as the reigning World Champion.</p>																											
<p>SIZE OF DELEGATION AND FIG LICENCE</p>	<p>Only senior athletes in good standing with the correct age and holding a valid FIG License at the time of the nominative registration until the end of the competitions may participate.</p> <p>The maximum size of the invited delegation is as follows:</p> <table border="1" data-bbox="504 1431 1517 1809"> <thead> <tr> <th></th> <th>Speed</th> <th>Freestyle</th> <th>Total max.</th> </tr> </thead> <tbody> <tr> <td>Athlete’s men</td> <td>0 - 4</td> <td>0 - 4</td> <td rowspan="2">8</td> </tr> <tr> <td>Athlete’s women</td> <td>0 - 4</td> <td>0 - 4</td> </tr> <tr> <td>Head of delegation</td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>Coach</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Mental Health</td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>Medical / Paramedical</td> <td>1</td> <td>1</td> <td>2</td> </tr> </tbody> </table>		Speed	Freestyle	Total max.	Athlete’s men	0 - 4	0 - 4	8	Athlete’s women	0 - 4	0 - 4	Head of delegation			1	Coach	1	1	2	Mental Health			1	Medical / Paramedical	1	1	2
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<p>COACHES</p>	<p>To be registered on the competition every coach should have a coach-sport profile in the FIG database (please see FIG official communication of 31 March 2021). No coach will be accepted without a valid coach-sport profile at the deadline of the Nominative Registration.</p>																											

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	<p>In order to be considered, the coach-sport profile (included the documents) <u>must</u> be submitted <u>at least two (2) weeks prior to the deadline for nominative registration</u>.</p> <p><u>Only registered coaches can access the Field of play during training.</u></p>						
AGE LIMITS	17 years in the year of the competition (born in 2007 or before)						
JUDGES AND JUDGES' PANELS	<p>Each Judges' Panel consists of:</p> <p>Speed: 1 Chair of Judges' Panel (CJP), 1 Start Line and 2 Time Judge (ST/T), 4 check-point or line judges (CP/L)</p> <p>Speed judges are drawn from the list of FIG Parkour judges from the participating federations and FIG nominated judges, with the CJP directing their work. Any open judge positions will be nominated by FIG.</p> <p>Freestyle: 8 judges (3 per Difficulty and 3 per Execution) will judge, including one Difficulty judge who is also acting as CJP. 2 Line Judges can be used.</p> <p>Difficulty judges are nominated and invited by the FIG. Execution judges are drawn from the participating federations on-site and attend at the expense of their NF.</p>						
FIG TECHNICAL DELEGATE	The FIG Technical Delegate will be designated by the FIG.						
REGISTRATION DEADLINES	<p>The Nominative Registration must be made via FIG on-line registration platform. This on-line registration will only be accepted from FIG Member Federations in good standing.</p> <table border="1" data-bbox="536 1117 1513 1256"> <tr> <td>Definitive registration:</td> <td>17th July, 2024</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>7th August, 2024</td> <td>(4 weeks prior to the event)</td> </tr> </table>	Definitive registration:	17th July, 2024	(2 months prior to the event)	Nominative registration	7th August, 2024	(4 weeks prior to the event)
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Nominative registration	7th August, 2024	(4 weeks prior to the event)					
DRAWING OF LOTS	The Athletes drawing of lots will take place during the orientation meeting. Registrations made after the athletes' drawing of lots will not be accepted.						
ENTRY FEES	The non-reimbursable cost for the Entry Fee is of 50 € (fifty euros) per athlete. The invited participating federations must pay for all entry fees. At the time of the Definitive registration 100% of the entry fee must be paid to the LOC. Entries without payment of the entry fees will be considered as invalid and will be refused.						
ACCOMMODATION	<p>The cost is person/night and includes (Package):</p> <ul style="list-style-type: none"> - Room - Breakfast (Hotel) + lunch + dinner - Banquet - Transfer from Porto Airport to Hotel/ Field of Play and back - Daily transportation from Hotel to Field of Play and back <p>Hotel Vila Galé Coimbra ****</p> <p>The costs in this hotel are as follows (the cost is per person/night)</p> <p>185€ (single)</p> <p>155€ (double)</p> <p>140€ (triple)</p>						

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	<p>Hotel Dona Inês **** The costs in this hotel are as follows (the cost is per person/night) 175€ (single) 150€ (double) 135€ (triple)</p> <p>Hotel D. Luís *** The costs in this hotel are as follows (the cost is per person/night) 160€ (single) 135€ (double) 115€ (triple)</p> <p>River Suites *** / Hotel Mondego *** (walk distance) The costs in this hotel are as follows (the cost is per person/night) 160€ (single) 135€ (double) 115€ (triple)</p> <p>Ibis Hotel ** / Hotel Vitória ** (walk distance) The costs in this hotel are as follows (the cost is per person/night) 145€ (single) 130€ (double) 105€ (triple) (only Hotel Vitória)</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 10th July, 2024 at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>Depending on uptake, a hotel at the same standard may be substituted. The invited participating federations must pay for their accommodation costs. At the time of the Definitive registration (10th July, 2024) 50% of the accommodation costs must be paid to the LOC Entries without the payment of the 50% of the accommodation costs will be considered as invalid and will be refused. The remaining 50% of the accommodation costs must be paid by 7th August, 2024.</p>
MEALS	<p><u>Lunch and Dinner will be served nearby Field of Play (walk distance).</u> All Meals are included in Full Pack;</p>
FINAL BANQUET	<p>Banquet and Final Party are included in Full Pack;</p>
INTERNATIONAL TRANSPORTATION	<p>The participating delegations must pay for the travel costs of their members(except the athletes invited by the FIG). The Travel Schedule Form must be returned to the LOC by 7th August, 2024.</p>
LOCAL TRANSPORTATION	<p>Delegations that book Full Pack will be offered transport from:</p> <ul style="list-style-type: none"> - Porto International Airport (OPO) to Hotel/Field of Play and back - The Hotel (non walk distance) to Field of Play and back <p>In case of need, is possible to arranged transfer from Lisbon International Airport (LIS) at delegation expenses. Quotation on demand. Information about flight details should be sent to OC until 7th August, 2024.</p>
VISA	<p>Please verify immediately with your travel agent or the Portugal Embassy or Consulate in your country if a visa is required for your travel to Portugal. an official invitation letter, provided that the request is made before 10th July, 2024.The request must include the full name, date of birth, gender, function, passport number, passport expiry date, and the arrival and departure dates of the delegation member as well as the city the visa application letter must be sent to.</p>

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<p>INSURANCE</p>	<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), repatriation and the like.</p> <p>The FIG 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 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 https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p> <p>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).</p> <p>The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay</p> <p>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: 45€ (forty-five euros) per person/day.</p>
<p>ACCREDITATION</p>	<p>All delegations will be conducted to the Field of Play (Accreditations desk) upon arrival to Coimbra.</p> <p>Accreditation cards will be distributed at the Accreditation desk situated at the Field of Play upon arrival of the delegations. The following items will be checked there with the Heads of delegations:</p> <ul style="list-style-type: none"> ● Passport of all members of the delegations ● Flight schedule ● The medical insurance for the members of the delegations <p>In order to accelerate the process of the accreditation, each participating Federation is kindly requested to send photos of each member of its delegation until 7th August, 2024.</p> <p>The photos (identity colour photo in JPG format) should clearly indicate the corresponding full name in the file title.</p> <p>In addition, the LOC will distribute information regarding the safeguarding Officer operations plan upon accreditation.</p>
<p>FINANCIAL OBLIGATIONS</p>	<p>Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices, etc.) or the Host Federation may not be allowed to participate in this FIG World Cup.</p> <p>Federations which have not fulfilled their financial obligations towards the Organizing Member Federation by the given deadlines mentioned in these Directives may still have the possibility to participate, but the Organizing Member Federation will not guarantee the hotel booking, meals, and local transportation.</p> <p>Federations which have not fulfilled their financial obligations towards the Organizing Member federations upon arrival will not be accredited.</p>
<p>BANK ACCOUNT INFORMATION</p>	<p>Account Name: AAC - Secção Ginástica Bank Name: Santander Totta Agency Name: Coimbra Polo I IBAN: PT50 0018 0003 53098810020 74 Swift Code: TOTAPTPL</p> <p>Please integrate the payment's purpose as follows: PKWC24 + Name of the Delegation.</p> <p>The participating delegation is responsible for covering all bank fees in connection with the bank transfers.</p>

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CANCELATION POLICY	<p>All bookings (Accommodations, Meals, Banquet and Transfer) cancelled from 11th July, until 7th August, 2024 at the very latest, will be subject to a cancellation fee of 50% to be paid by the delegation concerned.</p> <p>All reserves (Accommodations, Meals, Banquet and Transfer) cancelled after 7th August, 2024 until the arrival of the delegations on site or “no show” will be subject to a cancellation fee of 100% to be paid by the delegation concerned.</p>																													
PRIZE MONEY	<p>During the 2024 Series the Prize Money is paid by the FIG as follows:</p> <table border="1" data-bbox="563 427 1485 622"> <thead> <tr> <th colspan="4">Total Prize Money: 30000 CHF</th> </tr> <tr> <th colspan="2">Speed Running</th> <th colspan="2">Freestyle</th> </tr> <tr> <th>Ranking</th> <th>Prize money (CHF)</th> <th>Ranking</th> <th>Prize money (CHF)</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>7'000</td> <td>1</td> <td>7'000</td> </tr> <tr> <td>2</td> <td>5'000</td> <td>2</td> <td>5'000</td> </tr> <tr> <td>3</td> <td>3'000</td> <td>3</td> <td>3'000</td> </tr> </tbody> </table> <p>Should less than 4 federations participate in the World Cup competition (Speed Running and/or Freestyle), no prize money will be paid.</p>	Total Prize Money: 30000 CHF				Speed Running		Freestyle		Ranking	Prize money (CHF)	Ranking	Prize money (CHF)	1	7'000	1	7'000	2	5'000	2	5'000	3	3'000	3	3'000					
Total Prize Money: 30000 CHF																														
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Ranking	Prize money (CHF)	Ranking	Prize money (CHF)																											
1	7'000	1	7'000																											
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3	3'000	3	3'000																											
ASSIGNMENT OF WORLD CUP POINTS FOR THE RANKING LIST	<p>The results and the updated FIG World Cup Ranking List will be published on the FIG website within 24 hours after the end of the respective competitions, provided that all procedures before and after the competitions are duly respected by the Organizing Member Federation.</p> <p>Separate World Cup Ranking Lists for:</p> <ul style="list-style-type: none"> • Speed men • Speed women • Freestyle men • Freestyle women <p>are established for the World Cup Series, beginning with the first World Cup competition of the series and ending with the last World Cup event of the series. For all categories points are assigned to the athletes by name.</p> <table border="1" data-bbox="563 1144 1225 1503"> <thead> <tr> <th rowspan="2">Rank</th> <th colspan="2">Points</th> </tr> <tr> <th>Speed Running</th> <th>Freestyle</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>50</td> <td>50</td> </tr> <tr> <td>2</td> <td>40</td> <td>40</td> </tr> <tr> <td>3</td> <td>35</td> <td>35</td> </tr> <tr> <td>4</td> <td>25</td> <td>25</td> </tr> <tr> <td>5</td> <td>20</td> <td>20</td> </tr> <tr> <td>6</td> <td>15</td> <td>15</td> </tr> <tr> <td>7</td> <td>10</td> <td>10</td> </tr> <tr> <td>8</td> <td>5</td> <td>5</td> </tr> </tbody> </table> <p>Should less than 4 federations participate per category in the World Cup competition (Speed Running and/or Freestyle), no World Cup Points will be given.</p>	Rank	Points		Speed Running	Freestyle	1	50	50	2	40	40	3	35	35	4	25	25	5	20	20	6	15	15	7	10	10	8	5	5
Rank	Points																													
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5	20	20																												
6	15	15																												
7	10	10																												
8	5	5																												
YEARLY WINNER	<p>The yearly winner of the FIG Parkour World Cup Series is the athlete with the highest number of points of each of the World Cup Series Ranking List of the respective year, after the last event of the series, counting the max 2 best results, regardless of the number of competitions the athlete participated in.</p>																													
MEDIA	<p>E-mail: monicacpwolters@gmail.com</p>																													
SOCIAL MEDIA	<p>Facebook : https://www.facebook.com/fig.gymnastics Youtube: https://www.youtube.com/@gymnasticschannel Instagram: https://www.instagram.com/figgymnastics/ Tik Tok: https://www.tiktok.com/@figgymnastics</p>																													

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	<p>Twitter: https://x.com/gymnastics</p> <p>Facebook: https://www.facebook.com/ginasticaportugal/</p> <p>Youtube: https://www.youtube.com/channel/UCDzgHYmFxifiG7A-CfM2Nsw</p> <p>Instagram: https://www.instagram.com/ginasticaportugal/</p> <p>Twitter: https://twitter.com/fgp_ginastica</p>
MEDICAL SERVICES	The LOC. will provide first aid medical services. A team of physiotherapists will be present during the competition.
OFFICIAL HOSPITAL	Hospitais da Universidade de Coimbra Praçeta Prof. Mota Pinto 3000-075 Coimbra, Portugal Tel: (+351) 239 400 400
DOPING CONTROLS	Anti-doping controls will be organized by the International Testing Agency (ITA) on behalf of the FIG and according to the WADA Code, Standards and FIG Anti-Doping Rules.
SAFEGUARDING	<p>From the official date of arrival until the official day of departure of the event, participants (athletes, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment or abuse of any type or if they are worried or do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations.</p>
SCORING, RESULT SERVICE AND VIDEO CONTROL	The FIG will provide a scoring and result service, with appropriate outputs, including a high-quality video system (FIG TR Section 1, Art. 4.10.4.1).
MARKETING	The FIG advertising and publicity norms will be respected.
RULES AND REGULATIONS	<p>The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviations mentioned in these directives or in the FIG World Cup Rules for Parkour:</p> <ul style="list-style-type: none"> – Statutes – Code of Ethics – Code of Conduct – Technical Regulations – License Rules – Code of Points and relevant Newsletters – General Judges’ Rules – Specific Judges’ Rules for Parkour – Medical Organization of the FIG 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 Parkour <p>and subsequent decisions of the FIG Executive Committee</p>

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DEADLINES	
Definitive registration (on-line)	17 th , July, 2024
Nominative registration (on-line)	7 th , August, 2024
Accommodation form	10 th , July, 2024
Travel schedule form	7 th , August, 2024
Visa request form	10 th , July, 2024
Meals form	All meals are Included in Full Pack Accommodation
Payment of the entry fee	10 th , July, 2024
Payment of the accommodation costs (first 50%)	10 th , July, 2024
Payment of the accommodation costs (last 50%)	7 th , August, 2024
Payment of the local transportation	Included in Full Pack Accommodation
Payment of the meals	Included in Full Pack Accommodation
Payment of the banquet	Included in Full Pack Accommodation

Sincerely Yours,

Place and date:
Lisboa, 7th of June, 2024



A handwritten signature in blue ink that reads 'Teresa Loureiro'.

Signature of the Executive
Director of the FIG affiliated NF