

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## THE 19th NORDIC TRAMPOLINE CHAMPIONSHIPS October 17<sup>th</sup> – 20<sup>th</sup> 2024

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

### Dates

Thursday October 17<sup>th</sup> to Sunday October 20<sup>th</sup> 2024.

### Competition Venue

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

### Provisional Schedule

*The final schedule will be published after all nominative registrations have been received.*

#### Thursday

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

#### Friday

08.30– 10.30	General warm-up – trampoline and DMT
10.30 – 11.00	Qualification DMT Junior girls (12) syncho junior boys
11.00 – 11.30	Qualification DMT Junior boys (12) syncho junior girls
11.30 – 12.00	Qualification DMT Senior women (12) syncho men
12.00 – 12.30	Qualification DMT Senior men (12) synchro women
12.00 – 14.00	Lunch available
12.30 – 13.30	Lunchbreak judges and warm-up for junior girls and boys
13.30 – 14.15	Qualification Trampoline Junior girls and boys – Group 1 (2 x12)
14.15 – 15.00	Qualification Trampoline Junior girls and boys – Group 2 (2x12)
15.00 – 16.00	Warm up for senior women and men
16.00 – 16.45	Qualification Trampoline Senior women and men – Group 1 (2 x12)
16.45 – 17.30	Qualification Trampoline Senior women and men – Group 2 (2x12)
18.00 – 19.30	Dinner
20.00	Nordic Meeting

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Saturday

08.30 – 10.00	General warm-up – U14 junior and senior
10.00 – 10.45	Qualification Trampoline U14 (age 12-14) girls and boys – Group 1 (2x12)
10.45 – 11.30	Qualification Trampoline U14 (age 12-14) girls and boys – Group 2 (2x12)
11.30 – 12.00	Finals U14 girls and boys
12.00 – 14.00	Lunch available
12.00 – 13.00	General warm-up – all finalists
13.00 – 13.30	Finals Trampoline synchro junior girls and boys
13.30 – 14.00	Finals Trampoline synchro senior women and men
15.00 – 15.30	Finals 1 + 2 DMT Junior girls (8+4)
15.30 – 16.00	Finals 1 + 2 DMT Junior boys (8 and 4)
16.00 – 16.30	Finals DMT senior women (8 and 4)
16.30 – 17.00	Final DMT senior men (8 and 4)
17.00 – 17.30	Finals Trampoline Junior girls and boys – (2x8)
17.30 – 17.50	Final Trampoline senior women
17.50 – 18.10	Final Trampoline senior men
18.15 – 18.45	Award ceremony
20.00	Banquet and farewell party

## Warm-up

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

## Events

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

- **Senior women and senior men**

Born 2007 or earlier

Compulsory routine: requirements FIG A

- **Junior girls and junior boys**

Born 2008 to 2011

Compulsory routine: requirements FIG B

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Double Mini Trampoline competitions:

- **DMT senior women and senior men**  
Born 2007 or earlier
- **DMT junior girls and junior boys**  
Born 2008 to 2011

## Un-official Nordic Trampoline competitions:

- U 14 girls and boys
- Junior boys and girls synchro (born 2008-2011)
- Senior women and men synchro (born 2007 or earlier or a senior and junior together)

## Requirements

U14 girls and boys	6 summersaults of min. 270°
Junior girls and boys	FIG B
Senior women and men	FIG A

## Licenses

If the event will be FIG approved, all seniors must have a FIG license.  
If the event is FIG approved, we will update you in this regard by e-mail.

## Entry Fee

Entry fee is **DKK 200** per gymnast per class.

## Judges

### Judges with a FIG brevet

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

### Total number of judges

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

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

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

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

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

## Judges' Panels

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

## Information

### Registration Deadlines

#### Definitive registration: July 20<sup>th</sup>

- Registration form will be sent in due time to all clubs/national federations.

#### Nominative registration: September 20th

- Late nominative entries will be accepted until October 1st  
Registration or payment being made too late, implies a penalty of **DKK 750** per started week the registration/payment hasn't been paid.
- Rooming list will be incorporated in the nominative registration form.

#### Topics + names for the Nordic Meeting: September 20th

- Send an e-mail to Bo Zierau [boz@gymdanmark.dk](mailto:boz@gymdanmark.dk)

## Insurance

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

## Accommodation & meals

The organizer offers accommodation for all participants. Accommodation is possible from Thursday to Sunday and is offered in various prize categories (see below). Booking of accommodation and meals as well as payment should be cleared **September 20th at the latest**. Accommodation and meal forms will be sent to the participating clubs and federations after the definitive registration.

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Hotel Accommodation

Hotel accommodation is offered at Milling Hotels (Ansgar, Windsor, and Mini19) <https://millinghotels.dk/hoteller/>.

Single, twin, triple and quad rooms are possible (triple and quad rooms are available in limited numbers).

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

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

## Category 1: Ansgar and Windsor

Costs per person per night including breakfast:

Single, **DKK 1.010**

Double/Twin, **DKK 665**

Triple, **DKK 600**

Quad, **DKK 560**

## Category 2: Mini19

Costs per person per night including breakfast:

Single, **DKK 900**

Double/Twin, **DKK 560**

## Low-cost Accommodation

Accommodation in classrooms at a nearby school and Clubhouse is available in limited numbers. Both the school and Clubhouse are situated 5 minutes walking distance from the competition venue.

Costs per person per night including breakfast are **DKK 300**.

Bring your own mattress, sleeping bag etc.

It is possible to rent a limited number of mattresses at the cost of **DKK 25** per person per night.

## Meals

Lunch and dinner are served at the Clubhouse - 5 minutes walking distance from the competition venue.

Lunch can be ordered for Friday and Saturday at a price of **DKK 120** per day per person.

Dinner can be ordered for Thursday and Friday at a price of **DKK 150** per day per person.

You will be able to buy drinks, coffee and snacks in the Cafeteria located at the competition venue.

## Banquette/Farwell Dinner

Will be held on Saturday 19<sup>th</sup> October at Odense Stadium next to the competition venue.

The price is **DKK 450** per person.

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Transportation

### Transportation to Odense

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

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

### Transportation in Odense

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

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

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

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

## Financial obligations – payment

The Danish Gymnastics Federation will send individual invoice to the clubs/national federation after the definitive registration. In the definitive registration each club/national federation must give the contact information for the person who will receive the invoice.

The invoice will cover accommodation, meals/banquet and entry fee.

## Orientation Meeting

The orientation meeting will be held on Thursday 19<sup>th</sup> October at 20.00 at the competition venue.

## Nordic Meeting

The Danish Gymnastics Federation would like to invite at least one person representing each of the Nordic Nations to a Nordic meeting to be held Friday October 20<sup>th</sup> 2024 right after the competition. The meeting is held at the competition venue.

Please send topics/questions from your federation that you want to be discussed at the meeting to Bo Zierau [boz@gymdanmark.dk](mailto:boz@gymdanmark.dk) at **September 20<sup>th</sup> at the latest**.

# NORDIC TRAMPOLINE CHAMPIONSHIPS

Oct 17th-20th 2024, Denmark

## Contact

### Danish Gymnastics Federation:

Ole Holmskov

[Ohh@gymdanmark.dk](mailto:Ohh@gymdanmark.dk)

+45 42665206

Espen Larsen

[esl@gymdanmark.dk](mailto:esl@gymdanmark.dk)

+45 51712912

### LOC Representative:

Mariann Holmslykke

[Mar@2au.dk](mailto:Mar@2au.dk)

+45 21657664

*Welcome to Odense and Denmark!*