



FINNISH  
GYMNASTICS FEDERATION



TAMPEREEN VOIMISTELIJAT

INVITATION  
18<sup>TH</sup> NORDIC TRAMPOLINE  
CHAMPIONSHIPS  
OCTOBER 21<sup>ST</sup> – 23<sup>RD</sup> 2022

**Tampereen Voimistelijat and  
Finnish Gymnastics Federation  
would like to welcome you to  
the 18th Nordic Trampoline Championships  
held in Tampere, Finland.**

**Date:**

Friday October 21st to Sunday October 23rd 2022

**Location/Venue:**

Tesoman Palloiluhalli, Tesoman valtatie 46, 33310 TAMPERE, FINLAND

**Website:**

<https://tampereenvoimistelijat.fi/tra-nordic/>



*Gymnastics moves!*

Finnish Gymnastics Federation | Valimotie 10 | 00380 Helsinki | [www.voimistelu.fi](http://www.voimistelu.fi)

## EVENTS

### PARTICIPATION REQUIREMENTS

All member federations of the Nordic Gymnastics Federation and FIG and clubs that are members of a Nordic Gymnastics Federation can take part. The number of participants is unlimited. Each federation with participants in the Nordic Championship classes must bring their own flag.

### COMPETITION RULES

The Competition will be run according to the valid FIG Code of Points and the regulations for the Nordic Trampoline Championships. A gymnast can only take part in one category per discipline (i.e. Trampoline and Double Mini-Trampoline).

#### The Nordic Championships Trampoline

Will be held in the following classes:

- **Senior Men and Senior Women** (born 2005 and earlier)  
**Requirements:** According to FIG Code of Points
- **Junior Boys and Junior Girls** (born 2005 to 2009)  
**Requirements:** According to FIG Code of Points/ FIG Junior and WAGC Rules

#### The Nordic Championships Double Mini-Trampoline

Will be held in the following classes:

- **Senior Men and Senior Women** (born 2005 and earlier)  
**Requirements:** According to FIG Code of Points
- **Junior Boys and Junior Girls** (born 2005 to 2009)  
**Requirements:** According to FIG Code of Points

#### Open Nordic Trampoline (Unofficial)

Will be held in the following classes:

- **Open Boys and Girls** (born 2007 and earlier)  
**Requirements:** At least six (7) of the total skills in the compulsory routine must have at least 270° of somersault.
- **Youth Boys and Girls** (born 2008 to 2011)  
**Requirements:** At least six (4) of the total skills in the compulsory routine must have at least 270° of somersault.

### FINALS - NORDIC CHAMPIONSHIPS

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

## FINALS - OPEN NORDIC (UNOFFICIAL)

The 8 best competitors in open and youth classes will qualify for the finals. The finals start from zero.

## MEDALS

1st, 2nd and 3rd in each class will receive a medal. All participants will receive a diploma.

## EQUIPMENT

4 Eurotramp Ultimate 4x4  
Eurotramp Ultimate DMT 6x6

## JUDGES

A Nordic country participating in any of the official Nordic Championships competitions are obliged to send at least one judge holding a valid FIG brevet.

- If gymnasts from SWE or DEN participate in any of the official Nordic Championships events at least three (3) FIG judges from SWE and DEN respectively must be registered
- If gymnasts from FIN participate in any of the official Nordic Championships events at least two (2) FIG judges from FIN must be registered

### **Total number of judges**

Regardless of the above, all federations and clubs with participants are obliged to send judges as follows:

#### *Trampoline, men and women (all classes)*

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

#### *Double Mini-Trampoline, men and women (all classes)*

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

*\* can be the same judge as the judge for Trampoline and vice versa*

Absence of a judge: 200 € / required judge.

All federations/clubs with participants in the Open Nordic competition (unofficial) open and youth classes are obliged to send a judge with at least the minimum national judge category.

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

## INFORMATION

The participating National Federation shall pay for travelling and accommodation expenses (including meals) of their delegations (gymnasts, coaches, judges, other officials, etc).

### INSURANCE

The organizing club or the Finnish Gymnastics Federation cannot 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

Organizer offers accommodation for all participants in Sokos Hotel Ilves (Thursday to Sunday) to a discounted price.

- **Sokos Hotel Ilves**, Hatanpään Valtatie 1, Tampere, 33100, Finland  
13km, 35min by public transport from the competition venue.

Organizer offers a cheaper alternative to floor accommodation in Akrokkeskus Lielähti (Thursday to Sunday)

- **Akrokkeskus (gym) floor accomodation**, Suokorvenkatu 2, 33400 Tampere, Finland  
3,5km, 15 minutes by public transport from the competition venue.

### MEALS

The organizing club sells meals for the competition weekend. Meals will be held in the school building near the competition venue. Meals must be ordered in advance according to the registration schedule

### TRANSPORTATION

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

Airports:

- [Tampere-Pirkkala | Finavia](#) (20 km from the competition venue)
- [Helsinki Airport | Finavia](#) (190km from the competition venue)

Train connection from Helsinki-Vantaa Airport to Tampere:

- [Vr.fi – VR](#)

Regional transport in Tampere. Airport Tampere-Pirkkala, competition venue and accommodation:

- [Nysse. Tampere regional transport](#)

### ORIENTATION MEETING

Meeting will be held Friday 21st of October at 20.00 in the competition venue Tesoman palloiluhalli.

## CONTACT

### Finnish Gymnastics Federation representative:

Ekaterina Sorsa, e-mail [ekaterina.sorsa@voimistelu.fi](mailto:ekaterina.sorsa@voimistelu.fi), [office@voimistelu.fi](mailto:office@voimistelu.fi)  
telephone +358 451617190

### Organizing clubs representative:

Henna-Riina Nurmi, e-mail [trampoliinivoimistelu@tamperenvoimistelijat.fi](mailto:trampoliinivoimistelu@tamperenvoimistelijat.fi)  
telephone +358 407277496

## REGISTRATION DEADLINES

- **Definitive registration:** July 21st
- **Hotel and meals booking:** August 21st
- **Nominative registration:** September 21st  
Late nominative entries will be accepted until October 2nd registration or payment being made too late, implies a penalty of 100 Euro per started week the registration/payment hasn't been paid.
- **Rooming list:** September 21st

## OVERVIEW TIME SCHEDULE

### Friday 21st October 2022

**All day** Arrivals  
**15.00–20.00** Free training  
**20.00** Orientation meeting

### Saturday 22nd October 2022

**Morning** Open (unofficial), Nordic DMT (juniors and seniors)  
**Afternoon** Nordic championships Trampoline (juniors and seniors) with finals  
**Evening** Nordic Meeting  
Banquet

### Sunday 23rd October 2022

**Morning** Youth (unofficial)  
**All day** Departure

WELCOME TO TAMPERE AND FINLAND!