

**WORKPLAN**  
**International Cup of Clubs**  
in  
**TEAMGYM**

**Plzen 19. 4. 2025, Czech Republic**

**With support of**



## A/ General Information

1. *Organizer:* FLIK – FLAK Plzeň, z.s.,
2. *Date:* Saturday **19. 4. 2025**
3. *Venue:* Sportovní hala města Plzně, TJ Lokomotiva Plzeň, hall 1 – [visit web page here](#)  
Uslavská 75, 326 00 Plzeň, Czech Republic  
How to get to the venue:
  - trolleybus No.12 (stop Petrohrad) a walking appr. 400m via Guldenerova street
  - car, bus – parking nearby the venue

### 4. *LO (Local organizer):*

Competition director	Mgr. Petra Lisecova
Executive	Libor Pecenka
Accreditation	to be provided by LO
Apparatus staff	Ing. Petr Hloušek
Medical care	to be provided by LO
Lead judge	Ing. Petr Gryga

### 5. *Registration:*

**Nominative registration till 28.03.2025**

Registration to be provided as follows:

- Via google form: [click here](#)
- **Name of judges to be provided to Lead Judge Petr Gryga:**  
[petr.gryga@email.cz](mailto:petr.gryga@email.cz)

NOTICE: Registration form to be filled for each team separately.

### 6. *Drawing:*

to be done **05. 04. 2025**

### 7. *Accommodation:*

Booked and covered by teams. (Nearby hotels: [Hotel Trend](#),  
[Hotel Plzeň](#), [Hotel Primavera](#))

### 8. *Meals:*

It will be possible to order meals (Sun lunch) for 7,5 EUR / 175 CZK per meal and person.

Please book meals for the whole club/delegation via google form: [click here](#)

There is also a buffet at the venue.

Refreshment for judges to be ensured by organizer.

Payment via bank transfer to the LO account (please **pay separately from Entry fee**):

Czech teams: 201053977/0300, VS:20250419

Foreign teams: IBAN CZ35 0300 0000 0002 0105 3977  
SWIFT (BIC): CEKOCZPP

In the comment/note please put: **Club name ICC-S**

### 9. *Travel costs:*

Covered by teams

### 10. *Accreditation:*

Saturday 19. 4. 2025

**07.00 – 08:30 all categories**

Please provide following documents at accreditation:

- proof of payment for entry fee and meals
- Nominative list of gymnasts (name, birth) proved by the club
- Tariff forms update if needed
- height of Vaulting table and Trampet

<i>11. Important dates:</i>	<b>Registration and names of judges</b>	<b>28. 03. 2025</b>
	<b>Payment of entry fee to LO account</b>	<b>28. 03. 2025</b>
	<b>Providing music and Tariff forms</b>	<b>11. 04. 2025</b>
	Drawing of starting order	05. 04. 2025
	Payment of meals	05. 04. 2025

## **B/ Technical statements**

- 12. Regulations:* According to:
- International Cup of Clubs TeamGym Technical Regulations 2025
  - Statements in this Work Plan

*13. Apparatus:*

<i>Team</i>	<i>MicroTeam</i>
<b>Floor</b>	<b>Tumble</b>
<b>Tumble</b>	<b>Trampet</b>
<b>Trampet</b>	

*14. Competition Equipment:* Following equipment to be available at competition hall

Carpet for Floor 16 x 14 m (14 x 14 m)

Tumble track 15 m, run up 16 m, landing area and additional landing matt with marked landing zone.

Trampets Dorado 40 („red“), MD Super G 36, Eurotramp 32 Open-Ended, run-up 25 m, landing area and additional matt with marked landing zone.

Vaulting table 110 – 165 cm

**Height of the vaulting table and height of the selected trampet to be provided at accreditation.**

- 15. Warm up:* Possible at dedicated separated place at the competition hall, prior and during organized trainings.

- 16. Teams and Categories:* Each gymnast can compete only in one team and one category and section.

### **Age categories**

<b>YOUTH II:</b>	from 8 to 10 years	(born 2014 - 2017)
<b>YOUTH I:</b>	from 11 to 13 years	(born 2011 - 2013)
<b>JUNIOR:</b>	from 14 to 16 years	(born 2010 - 2008)
<b>SENIOR:</b>	17 years and older	(born 2007 and older)
<b>OPEN:</b>	8 years and older	(born 2016 and older)

The gymnasts have the right to participate if they reach the determined min/max age during the year of the competition.

### Size of the teams:

**TEAM: 6-10 gymnasts**, gymnasts may represent maximum three clubs and be part of one team and competition (the same gymnast cannot participate in TEAM and MICROTEAM competition).

**MICROTEAM: 3-5 gymnasts** may represent maximum three clubs and be part of one team and competition.

### 17. Participants

Gymnasts that have been selected for National Team to participate at the last two (2) TeamGym European or Continental Championships are **not allowed to compete in respective ICC cycle**.

Health insurance and health conditions of gymnasts and members of the delegation are under responsibility of the club. Nevertheless, in case of visible symptoms of infectious disease, affected person might not be allowed to enter competition venue.

### 18. Judges

Each participating **team** is obliged to nominate **1 judge** that must be at least brevet holder for national competitions in their own country or holder of the European Gymnastics TeamGym brevet for the corresponding cycle. Nominated judges to be assigned for respective panels by Lead Judge prior competition. If the club/delegation has more than two (2) teams registered, it is obliged to nominate at least two (2) judges. Each judge is obliged to judge the entire competition.

If the requirement cannot be fulfilled, then the penalty fee 170 EUR must be paid to LO at accreditation for each missing judge.

If the club/delegation registers multiple teams and nominates at least one judge, the penalty for each missing judge is 130 EUR, paid at accreditation.

Each judge is obliged to attend the Judges' instruction meeting:

**on Saturday 19. 4. 2025 08:00 - 08:30**

Nominated judge not attending the Judges' instruction meeting will be removed from the panel and the team will pay penalty to LO for missing judge.

### 19. Clubs, delegations

Each club/delegation not having its representative present at the Orientation meeting for officials and coaches before competition will pay penalty 130 EUR to LO at accreditation.

### 20. Entry fee:

*Team competition* - **240 EUR per each team**

*MicroTeam* - **120 EUR CZK per each team**

Payment via bank transfer to the LO account (please **pay separately for Meals**):

Czech teams: 201053977/0300, VS:20250419

Foreign teams: IBAN CZ35 0300 0000 0002 0105 3977

SWIFT (BIC): CEKOCZPP

In the comment/note please put: **Club name ICC-E**

### 21. Objections:

According International Cup of Clubs TeamGym Technical Regulations 2025.

## 22. Preliminary schedule:

Accreditation ( <b>TEAM, MICROTEAM</b> )	07:00	–	08:30
Orientation meeting (Head of delegations, coaches)	07:30	–	08:00
General warm-up for TEAM competition	07:30	-	08:15
<b>Judges' instruction meeting</b>	<b>08:00</b>	–	<b>08:30</b>
<b>TEAM official training and Competition</b>	<b>08:30</b>	–	<b>13:00</b>
General warm-up for MICROTEAM competition	13:00	-	13:50
<b>Award Ceremony (TEAM)</b>	<b>14:00</b>		
<b>MICROTEAM official training and competition</b>	<b>14:30</b>	–	<b>19:20</b>
<b>Award Ceremony (MICROTEAM)</b>	<b>19:30</b>		
<b>Competition closing</b>	<b>20:00</b>		

## 23. Ceremonies and awards:

All participants must march in wearing team uniform or competition attire (gymnasts) and team uniform (coaches).

Cups, medals, and diplomas according to International Cup of Clubs TeamGym Technical Regulations 2024.

All teams must participate in the Opening and Award and closing ceremonies.

## C/ Final provisions

### 24. Music:

Music (mp3 preferred) for each apparatus should be **uploaded** by each team in following folder: [music](#) until **11. 4. 2025**. Name of the file should be as follows:

**TEAM SHORT NAME\_COMPETITION\_CATEGORY\_APPARATUS**  
(Example: JUMPERS\_MICRO\_YOUTH II MIX\_TUM).

**For apparatus use abbreviations: FLO, TUM and TRA.**

**For competition use abbreviations: TEAM, MICRO.**

**For section use abbreviations: MEN, WOM and MIX.**

### 25. Tariff forms:

Tariff forms in pdf format (scans acceptable) for Floor, Tumble, Trampet should be **uploaded** by each team in following folder: [tariff](#) until **11. 4. 2025**. **Tariffs to be sent to all registered teams via e-mail.** Name of the file should be as follows:

**TEAM SHORT NAME\_COMPETITION\_CATEGORY\_APPARATUS**  
(Example: JUMPERS\_MICRO\_YOUTH II MIX\_TUM).

**For apparatus use abbreviations: FLO, TUM and TRA.**

**For competition use abbreviations: TEAM, MICRO.**

**For gender category use abbreviations: MEN, WOM and MIX.**

Changes in Tariff Forms are possible to submit at accreditation, see par.10, not later than 1 hour before competition start for given category.

### 26. Coaches:

Coaches spotting on trampet and tumble must be 18 years and older and should be holder of national coaches' license.

27. *Results:* Results to be published on ICC web.
28. *Doping:* According to the FIG regulation for doping control.
29. *Others:* We reserve the right to make changes to the schedule.  
In the event of cancellation of the competition, the paid entry fee will be refunded to the registered teams.

Petra Lisecova

In Plzen 18. 03. 2025