



Tokyo (JPN)
14-16 October 2022

WORK PLAN

ID 17081

Certain items written in these Work Plan are subject to change depending on the COVID-19 situation in the host city and country, and also on decisions made by the Japanese Government and the public health authority in the host city.

The criteria for the participants entering the country are to be updated accordingly.

2. **FOREWORD**

This work plan for the **1st Parkour World Championships** in Tokyo to be held from 14 until 16 October 2022 has been developed between FIG Headquarters, the FIG Parkour Commission and the Local Organising Committee (LOC) in accordance with the following FIG regulations and rules (as valid in 2022):

- Statutes
- Code of Ethics
- Technical Regulations
- Judges' Rules (General and Parkour Specific)
- Parkour Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organization of the FIG Competitions and Events during the COVID-19 pandemic
- FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
- Anti-Doping Rules
- Regulations for Award Ceremonies
- Media Rules
- License Rules

and subsequent decisions of the FIG Executive Committee and Parkour Commission.

All participating Federations commit to respect the FIG Statutes and all FIG rules and regulations, especially with regards to the age and nationality of the athletes as well as the respective regulations concerning "Insurance" (Art. 11.6 of the Technical Regulations).

Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices, non-refundable entry fee, etc) and the LOC will not be allowed to participate in these World Championships.

The official languages of these World Championships will be English. Interpretation from and into any other language must be organized by the Delegations. Announcements will be made in English and Japanese.

This Work Plan is available in English ONLY.

3. **FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)**

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Website: www.gymnastics.sport
www.parkour.sport

FIG OFFICIALS

President	Morinari WATANABE
Jury of Appeal and Competitions' Supervisory Board President	Nellie KIM
Jury of Appeal and Competitions' Supervisory Board Member	Zhongyi MIAO
Anti-Doping, Medical and Scientific Commission Representative	Dr. Yasunobu IWASAKI
Secretary General	Nicolas BUOMPANE

FIG PARKOUR COMMISSION

PK Commission President	Charles PERRIERE
PK Commission member	Michel BOUTARD
PK Commission member	Kazuyoshi HARIYA
PK Commission member	Plutarque VODOUNOU
PK Commission member	Nicolas FISCHER
PK Commission member	Benjamin CORK

FIG ATHLETES' REPRESENTATIVE

Athletes' Representative	Micaela BUONO PUGH
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FIG STAFF

PK Sports Events Manager	Jakub KOSLACZ
Sports Events Manager	Loic VIDMER
FIG Marketing and Communication Director	Olivier STREBEL
FIG IT	Joel ZIRMER
Photographer	Volker MINKUS

TV – HOST BROADCASTER

Host Broadcaster	Host Broadcast Producer and International Broadcast Liaison	TV Asahi - Maiko FUJII
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SWISS TIMING – IRCOS

Swiss Timing Team Leader	Christophe PITTET
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4. LOCAL ORGANISING COMMITTEE (LOC)

Japan Gymnastics Association

Contact Person: Mr. Kazuyoshi HARIYA

4-2 Kasumigaokamachi, Shinjuku City, Tokyo, Japan 160-0013

Tel: +81-90-3100-1216

Fax: +81(0)3 5459 2909

E-mail: parkour@cm.jpn-gym.or.jp

Website: <https://www.japanparkourcommission.jp/>

LOCAL Organising Committee OFFICIALS

Local Organizing Committee	
President	Tadashi FUJITA
Vice President	Teruaki TAKEUCHI
	Tatsuo ARAKI
	Zen SHIMADA
Executive Director	Norifumi YAMAMOTO
Competitions` Director – Sports` Director	Kazuyoshi HARIYA
Administration	Kouichi FUKUI
Head of Secretariat	Naoto MORINAGA
Head of Finance	Sakae WATANABE
Head of Accreditation	Toshiaki FUJII
Venue Director	Ryu ARAI

Deputy Venue Director	Shoji ARAI
Press Officers	Sho IZUMI
Medical Officer and Head of Security	Hisao KUMAMOTO
Ceremonies` Director	Hirofumi NEMOTO
Marketing Managers	Shun NAKANO
Delegation`s Services Manager	Mone SHIMADA
Sport Presentation	Kazuyoshi HARIYA
Responsible for Transport	Koichi NUMATA
International Relations Manager	Soko YAMASAKI

LOC Informations



The LOC phone number is as follows: +819031001216
Emergency number (out-of-office hours): +819031001216

No hard copies of any documents (start list, results & other relevant documents) will be available for distribution.

The relevant documents will be distributed electronically via Swiss Timing.

All STARTING ORDERS, intermediate RESULTS and FINAL RESULTS' BOOK will be sent ONLY via email to the National Federations' official email and Head of Delegations' (or his/her representative) email. Delegations will be requested to inform the LOC about the correct email address during the accreditation.

In addition, all the necessary information will be communicated via WhatsApp group (mobile phone numbers of HoD will be collected for this purpose). Information desks and boards, including transport, will also be set up at each official hotels' lobby.

19:00 – 23:00	Farewell Party (TBC)	
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Note: All timings are subject to slight alterations

6. PARTICIPATION RIGHT and ACCREDITATIONS

The accreditation will take place at the official hotel during the arrival day, **Wednesday 12 October 2022**.

Participation Rights

Please refer to the directives for details on the participation rights, maximum delegation size, payment procedures, and insurance deadlines.

Accreditation Principles

FIG Accreditation rules have to be strictly respected and applied notably as far as the number of accreditations per federation is concerned. The accreditation identifies individuals in good standing from FIG affiliated federations participating in the event. It indicates and defines individuals right to access to the different zones as per their functions. All participants and officials are required to wear their Accreditation Card at all times.

The accreditation is personal, non-transferable and compulsory.

Any misuse of an accreditation (zone, time, transfer, etc.) will lead to the withdrawal of the accreditation and a fine of CHF 2500.- for each case.

Further steps are possible (e.g. case to be submitted to the Disciplinary Commission).

In case of lost or stolen accreditation, the LOC must be informed immediately to block the accreditation. Lost or stolen accreditations may be replaced at the charge of the card holder.

Accreditations will not be delivered unless all financial, organizational and insurance obligations have been met.

As mentioned in the Directives, the Federations must submit picture for each of their delegation member.

The LOC will contact the Federation which have not finalized the procedure.

The picture requirements are as follows:

- Identity: country code_function_full name, for example: CHN_Team Manager_LI Haoyang
- File format: .jpg or .jpeg
- Dimensions: 350 mm x 450mm or 276 pixels wide x 354 pixels high

Control and Distribution of the Required Material

Upon accreditation Heads of Delegations or their substitutes will be requested to:

- check the correct names of their complete Delegation members
- present to the LOC the valid passport of all Delegation Members for proof of identity and Nationality.
- confirm the NF contact details onsite (e-mail and mobile phone) for proper delivery of the athletes' start lists, judges' lists and results.
- prove of the fulfilment of all financial obligations to the LOC and finalize the necessary payments if needed (i.e., insurance, accommodation, etc.)
- verify the accommodation and meal requirements
- verify the return flight schedules
- show proof of the cover note or photocopy of the valid insurance policy in English
- confirm the accuracy of the Federation National Anthem and National Flag presented by the LOC.
- Confirm for all athletes which discipline (Speed Men, Freestyle Men, Speed Women, Freestyle Women) they will participate.

If there are any changes, starting order, and schedules will be sent to the Head of Delegations via email addresses and WhatsApp numbers provided at the Accreditation.

At accreditation, LOC will also distribute and display information regarding the safeguarding plan.

Delegation Seating

Please refer to the appendix 5.

7. INSURANCE

Please refer to the directives for details on the insurance policy.

Please also refer to the document provided by FIG for Athletes and Judges on the First Class Assistance published on the [FIG website](#).

8. TRANSPORTATION and VISA

Please refer to the directives for details on Visas, International Transportation, Shuttle Services and Deadlines. For earlier or later departures, please contact directly the LOC in order to discuss the local transportation possibilities.

Arrivals

The LOC personnel will be present at all arrival points with greeting signs to welcome the Delegation members. Delegations will be requested to make their ways to meet with them.

Departures

If entitled, transportation will be coordinated by the LOC from the official hotels to the departure area based on the information collected from the Delegations and confirmed by the Head of Delegation during the accreditation. A detailed schedule for departures will be displayed on the board at the official hotels and will be sent by email.

Accreditation cards will not give the possibility to use the public transports in Tokyo.

For those Delegations or member of Delegations that do not arrive on the official arrival day as mentioned on the general schedule, upon request, the LOC may arrange additional transportation. Please, contact the LOC for additional information.

They will not be any shuttle between officials' hotels and the venue because they are all in walking distance.

9. ACCOMMODATION

Please refer to the directives for details on the selection of official hotels, locations, payments, cancellation policy and Art 18 of the present Work Plan (COVID-19 Measures) including deadline for submission and payment.

Check In Procedures

Each Official Hotel will have received a rooming list from those delegations who have submitted the necessary information. The room keys and hotel information will be distributed to the delegation upon their hotel check-in.

Credit cards imprints may be made to cover all incidental costs during the individuals' stay. Room keys will not be issued until all the requirements of accreditation have been fulfilled and all payment finalized.

Check-in time at official hotels is 15:00.

The check-in times of the respective hotels must be strictly respected.

Check out Procedures

All extra services at the hotel should be paid by the delegations during the check-out. Delegations will be responsible for all extra costs incurred.

The check-out time at official hotels is 11:00

10. MEALS

Please refer to the Directives for details on the prices, reservations, arrangements, payments procedures as well as cancellation policy, and Art 18 of the present Work Plan (COVID-19 Measures) including deadline for submission and payment.

The LOC will contact the Federation which have not finalized the procedure.

Breakfast (included in the price of each of the official hotels), lunch and dinner will be served in accordance with training and competition schedules as per the following meal timing provided that the delegations sent their meal request on due time:

- Breakfast from 06:00 to 10:00 (Last Order 9:30)

At the Venue:

- Lunch from 12:30 to 14:30

At the official Hotels:

- Dinner from 19:00 to 22:00 (Last Order 21:30)

As delegations were asked to book their meals at the official hotels through the LOC, they will receive their meal tickets during the accreditation procedure and then use them at the respective Hotel or at the venue.

The LOC will provide the Delegations with free water bottles in the venue. The LOC will provide the judges throughout the event with refreshments considering the precaution related COVID pandemic situation in the judge's room.

Final Banquet

Details will be communicated during the orientation meeting.

11. TRAINING

Changes to the official scheduled training hours will not be accepted and delegations must respect the designated training times and groups.

12. COMPETITION

Announcements

During the competitions, the announcements will be made in English and Japanese.

The competitions will be held in accordance with the FIG Technical Regulations including Section 7 for Parkour and FIG Parkour Code of Points.

Competition

Based on the Nominative Registrations and in accordance with the FIG Technical Regulations, the athletes drawing of lots will be conducted during the orientation meeting, Thursday **13 October 2022**.

Based on the drawing of lots the starting orders in the different disciplines will be establish.

The FIG, in consultation with the PK Commission and the LOC reserves the right to apply adjustments to the starting order should the nominative registrations received generate organizational problems in terms of training, warm-up and competition schedules.

Weather problems

In case of rain, the FIG in consultation with the PK Commission and the LOC will work in collaboration to find the best solution to reschedule the competitions postponed.

Everyone is asked to be patient and comprehensible with any potential schedule changes.

There is still a possibility (depending on when it would rain) that the finals could be canceled and the qualifications used for the final ranking.

13. JUDGES' PANELS and JURY of APPEAL / COMPETITION SUPERVISORY BOARD

Judges (All)

Only judges with the appropriate and valid category of brevet for their function for this XV Cycle (2022-2024) will be authorised to judge in these World Championships.

Judges are requested to arrive in Tokyo the day before the start of training and to be available until the last day of the competition. Judges not taking part at the Judges Meetings/Judges Instructions will not be able to judge.

Difficulty and Execution judges

All Difficulty Judges were selected by FIG.

All Execution judges are sent by NF.

Jury of Appeal and Competitions' Supervisory Board

The Jury of Appeal is:

- Nellie Kim
- Zhongyi Miao

14. SCORING

Swiss Timing will provide the official scoring equipment for these World Championships. The Swiss Timing equipment will be used for the data management of the start lists, list of competitors and judges' assignments as well as scores and results.

The IRCOS system will be used in accordance with FIG Rules.

15. CEREMONIES

Opening Ceremony

The Orientation Ceremony will be held on the **14th October 11:00-11:15**.

Further detailed information will be given during the Orientation Meeting. All national federation members must participate in the Opening Ceremony.

Presentation of the Semi-finalists and Finalists:

The LOC will make a presentation of the semi-finalist (speed) and finalists before the respective competition.

Award Ceremonies

All award ceremonies will take place according to the General Programme and will be carried out in accordance with the FIG Regulations for Award Ceremonies. On the podium, awards will only be presented to the medal winners ranked 1st to 3rd.

The athlete(s) must be on time for the award ceremony as advised according to the schedule.
An athlete who is absent with unjustified reason will be disqualified.

The national flags of the best 3 athletes per category will be hoisted and the national anthem of the winner will be played.

Closing Ceremony

The Closing Ceremony will be part of the final session of the Finals at the competition venue on the official podium. For specific timing, please refer to the general schedule.

16. MEDICAL SERVICES

The medical service is provided by the Local Organising Committee according to the Medical Organization of the FIG Competitions and Events.

Kindly refer also to the insurance coverage details available at:

<https://www.gymnastics.sport/site/pages/medical-insurance.php>

The Official hospital is:

Showa University Koto Toyosu Hospital

5-1-38, Toyosu, Koto-ku, Tokyo

135-8577 JAPAN

TEL : 813-6204-6000

17. SAFEGUARDING

From the event's official date of arrival until the official day of departure, participants (athletes, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail a Safeguarding Officer in case of harassment, abuse of any type, if they are worried or do not feel comfortable.

There will be one LOC Safeguarding Officer as well as one person from the FIG. Safeguarding contact will be communicated upon arrival of the delegations.

18. COVID-19 MEASURES

The LOC strongly recommend that you wear a mask everywhere except FOP. Therefore, please make sure to bring enough number of masks during your stay in Japan.

All delegation members are expected to practice social distancing of 6 feet.

19. JAPAN ENTRY REQUIREMENT

All the information below is valid as of 27th September 2022 and subject to change.

Requirement 1

Vaccination (3 times) or PCR Test Negative within 72 hours before leaving the country of departure.

- Japanese government regards 3 times vaccination as completed. If a person is vaccinated less than 3 times, the person needs to present a PCR Test negative within 72 hours before leaving the country of departure.

- Japanese government only approves certain types of vaccine. Even if a person have taken 3 times vaccination, depending on the type of vaccination, they are regarded as invalid.

【Types of Vaccination approved by the Japanese Government】

- COMIRNATY intramuscular injection/Pfizer
COMIRNATY intramuscular injection / Pfizer includes COMIRNATY RTU intramuscular injection / Pfizer.
For example, COMIRNATY (manufactured by Fosun Pharma/BioNTech) is treated as identical to COMIRNATY intramuscular injection/Pfizer.
- Spikevax intramuscular Injection /Moderna
- Vaxzevria intramuscular Injection/AstraZeneca
For example, Covishield (manufactured by the Serum Institute of India) is treated as identical to Vaxzevria intramuscular injection/AstraZeneca.
- JCOVDEN intramuscular injection/Janssen
- COVAXIN/Bharat Biotech
- Nuvaxovid intramuscular Injection/Novavax
For example, COVOVAX (manufactured by the Serum Institute of India) is treated as identical to Nuvaxovid intramuscular injection/Novavax.

For the JCOVDEN intramuscular, only in case of primary series, one dose is considered equivalent to two.

Doses will also be considered valid even if each dose are not the same vaccine.

Please make sure to bring your original vaccination certificate with you.

The LOC has asked all National Federation to send the vaccination certificates for 1st, 2nd and 3rd doses of vaccination to double check if their vaccination certificates meet all the requirements. However, it is the National Federation's responsibility to make sure everything will be prepared to enter Japan.

For further details, please refer to : https://www.mhlw.go.jp/content/mesure_en.pdf

Requirement 2

Downloading MySOS (Smartphone Application)

Pre-registration of MySOS web or MySOS App is required in order to enter Japan.

Fast Track : <https://www.hco.mhlw.go.jp/fasttrack/>

Important information regarding VISA

The Japanese Government has announced that Japanese border control will be eased from the entry after October 11th and visa exemption will be resumed.

In regards to this competition, however, the LOC thinks that the best way to enter Japan is obtaining visa. Therefore, please proceed with the visa process swiftly.

(The information above is as of September 26th and subject to change)

20. HOSPITAL

Showa University Koto Toyosu Hospital (Official Hospital)

5-1-38, Toyosu, Koto-ku, Tokyo

135-8577 JAPAN

TEL : 813-6204-6000

<https://www.showa-u.ac.jp/SHKT/en/index.html>

Medical Corporation Kayukai Shinagawa East Clinic

2-15-2 Konan, Minato-ku, Tokyo

Shinagawa Intercity Building B 2F 108-6102 JAPAN

TEL : 813-5783-5521

<https://izavel.com/#>

21. DOPING CONTROLS and THERAPEUTIC USE EXEMPTIONS

Under the supervision of the FIG, doping controls will be organized according to the current WADA Code, WADA International Standards and FIG Anti-Doping Rules

The doping controls may take place at any time.

As per the applicable FIG Therapeutic Use Exemption (TUE) procedure in effect concerning the participation at FIG Events, any athletes in need of a TUE is responsible, together with his/her Federation, to submit his/her request to the FIG no later than 30 days before the start of this competition.

No TUE request will be accepted nor approved on spot, except for duly justified emergency cases.

Should you need further assistance about TUE requests, please contact the FIG at antidoping@fig-gymnastics.org

22. PRIZE MONEY

The following Prize Money will be allocated to the medalists:

Speed Running		Freestyle	
Ranking	Total of 9 000	Ranking	Total of 9 000
1	5000	1	5000
2	3000	2	3000
3	1000	3	1000

In case of a tie, the prize money of the respective ranking are added and divided by the number of tied units.

Examples:

Ranking: 1. Gold - Gold (tie) 2. – 3. Bronze

The prize money for rank 1 and 2 are added and divided by 2.

Ranking: 1. Gold 2. Silver – Silver (tie) 3. -

The prize money for rank 2 and 3 are added and divided by 2

Ranking: 1. Gold 2. Silver 3. Bronze – Bronze (tie)

The prize money for rank 3 is divided by 2

23. MEETINGS and INSTRUCTIONS

Orientation Meeting

For timing, please refer to the General Schedule.

Please note that attendance is compulsory for every delegation

The participants will be able to ask their questions at the end of the meetings as usual.

Important information about the organization of these Championships will be given by the LOC and the FIG. This Meeting will be held exclusively in English. As per Technical Regulations, Section 1, Reg. 5.12. unjustified failure to attend this meeting will result in a sanction of CHF 1'000.- against the Federation to be paid to the FIG.

Judges' Instructions Meetings, Briefings

The Judges' Instruction, will be as per the general schedule.

All registered judges are required to take part in the judge's instructions, subsequent meetings.

Judges who do not participate in the judges' instruction and meetings will not be authorized to judge; they will receive warnings and possibly other sanctions as well.

Meeting with the Athletes' Representative

The FIG and its current Athletes' Representative for Parkour – Micaela Buono Pugh, would like to invite athletes from participating NFs to the Athletes' Meeting and will share with them topics as "Technical Programme, wishes to modify some rules", etc.

Fight against doping and medical round table – Strongly recommended to athletes and delegations

FIG will organize an anti-doping and medical round table at the Event. This round table will be led by Dr. Iwasaki Yasunobu, President of the Anti-doping, Medical and Mental Health Commission and assisted by Loïc Vidmer, Anti-doping and Medical Manager. We strongly recommend each member of the delegation and especially the athletes to attend this round table. Many valuable information about anti-doping fight will be provided. Our goal is to promote a good education about doping in order to avoid any anti-doping rules violation.

This meeting will be held on 15 October 2022 from 17:30 to 18:30. The location of this meeting will be provided at the Orientation Meeting.

24. MEDIA and TV

Media Positions

Mixed Zone

Athletes must exit the Field of Play through the Mixed Zone after official training sessions and competitions. This is where journalists collect flash quotes from the competitors.

While there is no obligation for an athlete to STOP for interviews, it is compulsory for them to pass through the Mixed Zone according to the FIG Technical Regulations 2022, Reg. 4.10.15.

Federations are responsible for the proper and timely appearance of their athletes at press and media opportunities, such as the Mixed Zone and press conferences. Any federation whose athletes do not appear as stated above will be fined for each infraction. The amount of the fine has been fixed by the FIG Council in 2002 at CHF 2'000.-.

Cooperation with the press is most appreciated. To assist athletes to talk to the press, each participating federation may ask for one Mixed Zone Card, which allows staff to accompany athletes on their lane of the Mixed Zone. The cards are distributed onsite by the FIG Media staff.

Official training sessions

All accredited media representatives have free access to the media zones around the Field of Play during the official training sessions. ENR card holders are accepted with cameras.

Award ceremonies

After the playing of the national anthem, athletes are requested to face all directions, together, to wave to the spectators and to allow photographers to take photos of all medallists.

Opening and Closing press conferences

An opening press conference is planned for **Friday, 14 October at 10:00**. No closing press conference is scheduled for this event.

Medallists' press conferences

No medallists' press conferences are scheduled for this event.

Publicity on Competition Attire – National Emblems

Publicity and national identification rules on attire and equipment must be strictly respected as per the FIG Competition Clothing and Advertising Rules. As the Code of Points foresees deductions should these clothing and advertising rules not be followed.

Please refer to the Directives for additional information on the Publicity Rule Chart. Should you need additional information or clarification, you may contact **tv@fig-gymnastics.org** for further assistance.

Athletes' images for improved Sport Presentation

FIG has developed a system that allows us to use athletes profile photos for improved sport presentation during our WCH.

The images will be shown on the scoreboards and video screen at the competition venue, during the TV broadcast and on the FIG website as part of the athletes' biographies.

In order for us to promote your athletes and sponsors in the best possible way, an official and compulsory photo session for all participating athletes will be organised during training day on **Thursday, 13 October**. Athletes are requested to wear their national tracksuit and any visible branding must meet the FIG Advertising Rules.

TELEVISION

Live television production of the semi-finals and finals is guaranteed. Competitors are requested to strictly follow the instructions of the LOC.

Cameras and video recording

In order to protect television rights, personal video or TV cameras and recording at the competition venue including from the spectators' and delegation seating is permitted solely for personal, private, non-commercial and non-promotional purposes, with the exclusion of licensing, broadcasting and/or publishing any such video and/or sound recordings including on social media and the internet. The only exceptions are the host broadcaster, rights holders and IRCOS cameras.

All exercises will be recorded in high definition by digital video cameras (IRCOS). Photos without flash may be taken from the seats at the competition venue. During training and warm-up sessions, coaches may only take photos and videos of their own athletes.

25. SOCIAL MEDIA

Use the hashtag **#PKWorlds2022** to follow event updates on social media.

26. USEFUL INFORMATION

Plugs / sockets used in Japan



Currency

The Japanese currency is the Yen.

Weather in Tokyo in October

Min 15. °C (≒59°F) - Max 22°C (≒70°F)

Weather: Basically fine

GMT – +9 hours

List of Appendices

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