



Gymnastics Explanatory Guide

August 2019

ABOUT THIS SPORT EXPLANATORY GUIDE

Published in August 2019, the series of Sport Explanatory Guides offer an introduction to each sport and discipline at Tokyo 2020 and provide a variety of information to help teams in their planning and preparation for the Games. This guide is divided into several sections:

- an introduction to Tokyo and the Games of the XXXII Olympiad
- sport-specific details such as competition format, schedule, venue descriptions, rules and qualification criteria
- general information regarding accreditation, ticketing, accommodation, medical services, doping control and transport
- a directory of contact details, maps and the daily competition schedule for all sports

All information provided in this Sport Explanatory Guide was correct at the time of publication, but some details may have changed prior to the Games.

NOC representatives are advised to regularly check the IOC's NOCnet and Tokyo 2020 Connect for the latest updates, especially regarding competition schedules.

Team Leaders' Guides explaining Games-time plans for sports in greater detail will be distributed to NOCs in July 2020.

WELCOME



On behalf of the Tokyo 2020 Organising Committee I am delighted to present the Gymnastics Explanatory Guide for the Games of the XXXII Olympiad.

In line with the growing global focus on sustainability, Tokyo 2020 will make this publication available to clients in an electronic-only format.

We are planning to provide facilities and services which will allow everyone involved in the Games to achieve all three of Tokyo 2020's core concepts: achieving personal bests, unity in diversity, and connecting to tomorrow.

The Olympic Village, Olympic Sailing Village and Olympic Cycling Village will greet athletes with comfort and warmth to allow them to perform at their peak while still enjoying Japan's traditions.

By adopting the best of Japanese culture and innovation, we aim to deliver world class venues ranging from state-of-the-art facilities, locations steeped in the history and legacy of Tokyo 1964, and spiritual homes of Japanese sport for athletes to provide a wonderful sporting spectacle for the world to share.

This guide was produced with the generous cooperation of the International Gymnastics Federation and IOC Sport, and we trust it will assist you in your preparations for the Games.

And when you arrive in Tokyo in July 2020 we promise to welcome you with our famous *omotenashi* (Japanese spirit of hospitality).

Kind regards,

A handwritten signature in black ink, written in Japanese calligraphy. The characters are stylized and fluid, representing the name Koji Murofushi.

Koji MUROFUSHI

Sport Director, Tokyo 2020

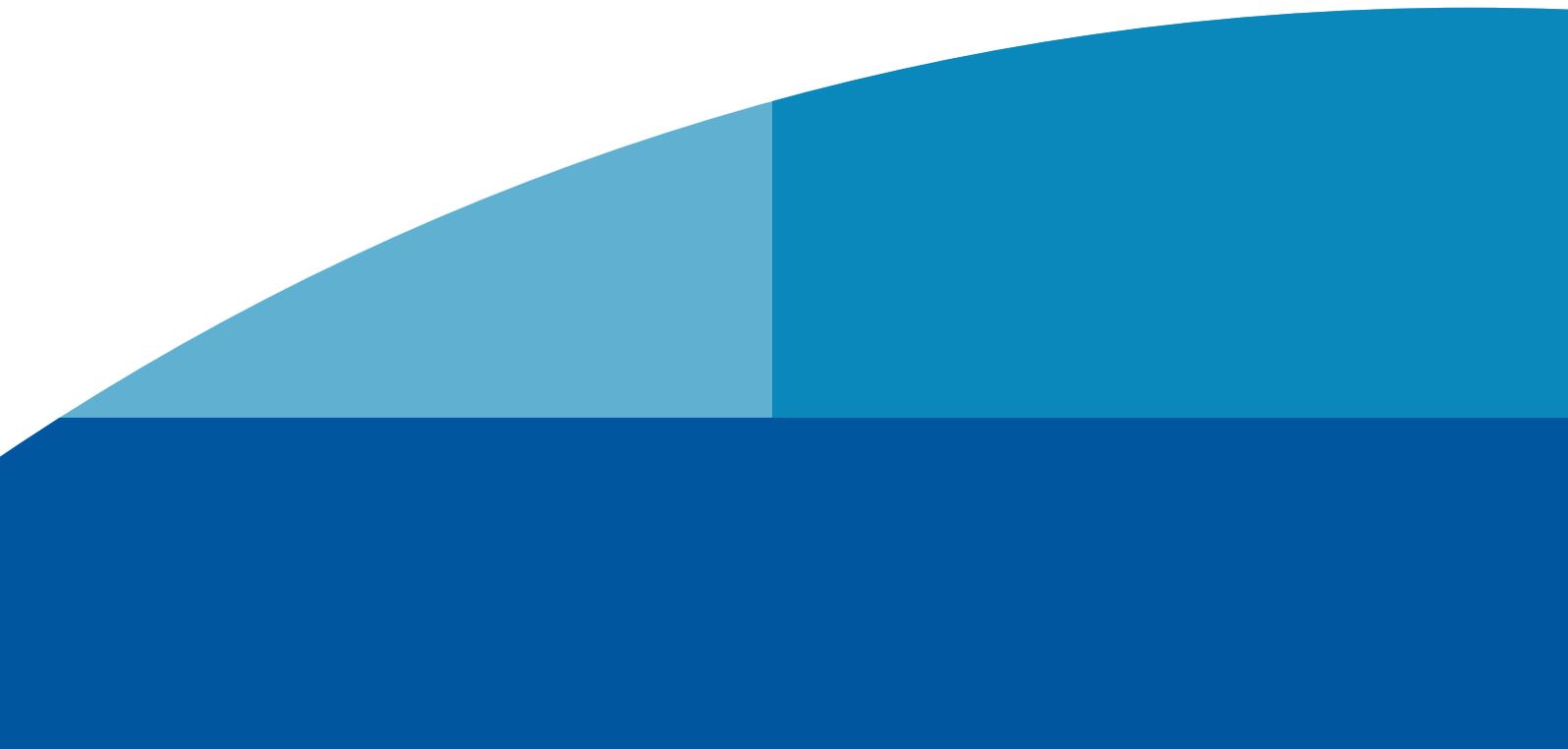
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1

Introduction



Welcome to Tokyo 2020

The Olympic Games Tokyo 2020 will be a celebration of diversity and unity, traditions and technologies, reform and transformation, sustainability and the future. The following pages offer a brief introduction to Tokyo, Japan's Olympic heritage, and how Japan as a mature society will harness the power of sport and bring positive changes that will benefit the host city, the nation and the world.

Tokyo, then and now

Tokyo is a city with 400 years of history and tradition. Ever since the Edo Shogunate was established in 1603 it has developed as the centre of politics in Japan and at the beginning of the 18th century, it became one of the world's largest cities with a population of over 1 million people. After the Meiji Restoration, Tokyo became the capital of Japan. Although it was reduced to ashes twice; first by the Great Kanto Earthquake of 1923 and then by the bombings of the World War II, it was always able to rebuild itself and has continued to evolve. Tokyo maintains excellent public safety and a high-quality living environment. While the city disseminates cutting-edge technologies and new culture and trends such as anime and fashion to the world, the chic culture of Edo is still very much alive. Such a unique blend of tradition and sophistication is the allure of Tokyo. The city has many faces - if you leave the centre with its rows of skyscrapers and visit the suburbs, you will find beautiful scenery abundant with greenery and water. The islands in the Pacific Ocean, particularly the Ogasawara Islands which were added to UNESCO's World Heritage List in 2011, are yet another face of Tokyo.

©Tokyo Metropolitan Government

Climate

Tokyo has a humid subtropical climate with warm, wet summers. From late July to early September, the average daily high is 29.2-31.1 degrees Celsius (84.6-88.0 degrees Fahrenheit) and the average low is 21.8-23.3 degrees Celsius (71.2-73.9 degrees Fahrenheit), with relative humidity from approximately 60 per cent to approximately 80 per cent. The average monthly rainfall during August is 168 millimetres. The prevailing winds are from the south-west. Gale-force winds (34 knots or more for a period of 10 minutes, or gusts exceeding 43 knots) are rare, and mostly caused by typhoons. The average daylight hours in Tokyo at Games time (July to September) are from 05:00 to 18:00. Earthquakes perceptible to most people walking, or stronger, are rare, occurring on average less than once a year between 1998 and 2017 in Tokyo. More detailed 'Weather Information by Venue Zone' is available on Tokyo 2020 Connect and plans for heat countermeasures will be made available in the Team Leaders' Guides.

Tokyo in 2020

Population:
13,843,403 (est. Oct 2018)

Official language:
Japanese

Currency:
JPY (Japanese yen)

Local time:
Greenwich Mean Time (GMT) +9 hrs

Area:
2,191 km² (Japan: 377,972 km²)

Latitude and longitude:
35°39'29" N, 139°44'28" E

Altitude:
24m

Government:
Tokyo Metropolitan Government
www.metro.tokyo.jp/english/index.html

The city's Olympic heritage

On 10 October 1964, the Games of the XVIII Olympiad began with the Opening Ceremony at Kasumigaoka National Stadium after which 5,133 athletes from 93 nations and regions demonstrated their exceptional abilities in 163 events across 20 sporting competitions. It was the first ever Olympic Games held in Asia and was an enormous success. In conjunction with this momentous event, Tokyo experienced dramatic development from its post-war infrastructure, including the construction of the Metropolitan Expressway and the Tokaido Shinkansen railway (the original "bullet train"). This type of major progress in its capital served as a stepping stone for an era of rapid economic growth in Japan and demonstrated to the world its miraculous restoration.

In 2020 Tokyo will become the first city to host the Paralympic Games for the second time and the Games will serve as a wonderful opportunity to embrace diversity. People from all over the world, with and without impairments, will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness the dynamic and breath-taking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.

Tokyo 2020

The Olympic Games in Brief

Sports:
33

Days of competition:
19

Disciplines:
50

Competition sessions:
768*

Medal events:
339

Olympic Village official opening:
14 July 2020

Athletes:
11,090

Opening ceremony:
24 July 2020

Competition venues:
42

Closing ceremony:
9 August 2020

*estimated

Competition venues

Many existing venues will be used for the Tokyo 2020 Games including several legacy venues from the Tokyo 1964 Games. A total of 42 venues in Tokyo and around Japan will be used for the 2020 Games.

Infinite Excitement

The venue plan for the Olympic and Paralympic Games Tokyo 2020 consists predominantly of two thematic and operational zones: the Heritage Zone which houses several iconic venues used at Tokyo 1964 and further sustain its enduring legacy; and the Tokyo Bay Zone which serves as a model for innovative urban development and symbolises the exciting future of the city. These two zones expand across the city to form an 'infinity' symbol with the Athletes' Village positioned at the point where the two zones intersect - at the physical and spiritual heart of the Games. The 'infinity' symbol embodies the boundless passion, commitment and inspiration of the world's elite athletes, the limitless potential of future generations, and the lasting legacy that will be passed on to the people of Tokyo, Japan and the world.

Heritage Zone

- 1 Olympic Stadium**
Opening and Closing Ceremonies
Athletics
Football
- 2 Tokyo Metropolitan Gymnasium**
Table Tennis
- 3 Yoyogi National Stadium**
Handball
- 4 Nippon Budokan**
Judo
Karate
- 5 Imperial Palace Garden**
Athletics (Race Walk)
- 6 Tokyo International Forum**
Weightlifting
- 7 Kokugikan Arena**
Boxing
- 8 Equestrian Park**
Equestrian (Dressage, Eventing, Jumping)
- 9 Musashino Forest Sport Plaza**
Badminton
Modern Pentathlon (Fencing)
- 10 Tokyo Stadium**
Football
Rugby Sevens
Modern Pentathlon (Swimming, Fencing, Riding, Laser-Run)
- 11 Musashinonomori Park**
Cycling Road

Tokyo Bay Zone

- 12 Ariake Arena**
Volleyball
- 13 Ariake Gymnastics Centre**
Gymnastics (Artistic, Rhythmic, Trampoline)
- 14 Ariake Urban Sports Park**
Cycling (BMX Freestyle, BMX Racing)
Skateboarding
- 15 Ariake Tennis Park**
Tennis
- 16 Odaiba Marine Park**
Aquatics (Marathon Swimming)
Triathlon
- 17 Shiokaze Park**
Beach Volleyball
- 18 Aomi Urban Sports Park**
3x3 Basketball
Sport Climbing
- 19 Oi Hockey Stadium**
Hockey
- 20 Sea Forest Cross-Country Course**
Equestrian (Eventing)
- 21 Sea Forest Waterway**
Canoe Sprint, Rowing
- 22 Kasai Canoe Slalom Centre**
Canoe Slalom
- 23 Yumenoshima Park Archery Field**
Archery
- 24 Tokyo Aquatics Centre**
Aquatics (Swimming, Diving, Artistic Swimming)
- 25 Tatsumi Water Polo Centre**
Aquatics (Water Polo)
- 26 Makuhari Messe Hall A**
Taekwondo
Wrestling
- 27 Makuhari Messe Hall B**
Fencing

Other Venues

- 28 Tsurigasaki Surfing Beach
Surfing
- 29 Saitama Super Arena
Basketball
- 30 Asaka Shooting Range
Shooting
- 31 Kasumigaseki Country Club
Golf
- 32 Enoshima Yacht Harbour
Sailing
- 33 Izu Velodrome
Cycling Track
- 34 Izu MTB Course
Cycling Mountain Bike
- 35 Fuji International Speedway
Cycling Road
- 36 Fukushima Azuma Baseball Stadium
Baseball
Softball
- 37 Yokohama Stadium
Baseball
Softball
- 38 Sapporo Dome
Football
- 39 Miyagi Stadium
Football
- 40 Ibaraki Kashima Stadium
Football
- 41 Saitama Stadium
Football
- 42 International Stadium Yokohama
Football

READY STEADY TOKYO

Tokyo 2020 test events are branded as “READY STEADY TOKYO” and aim to express the excitement that continues to build as the Olympic and Paralympic Games Tokyo 2020 edge closer. The events began in autumn 2018 and will run until May 2020. Fifty-six test events in total will be held - some during scheduled international sporting events already taking place in Japan during the build-up to the Tokyo 2020 Games, with others comprising dedicated Olympic and Paralympic test competitions organised by Tokyo 2020.

The test events will give organisers and the Japanese public the opportunity to experience sporting events in the Olympic and Paralympic venues, in some cases for the first time. Other events will allow the Japanese public to get a glimpse of the world’s best athletes in those disciplines, including potential Olympic and Paralympic Games competitors, in an exciting chance to discover new sports and new heroes ahead of the Games.

For Tokyo 2020, the objective of the test events will be to provide its management and operational staff with hands-on experience of running events and allow them to collaborate with delivery partners to ensure the smooth operation of the Games.

The test event calendar will be implemented in three waves, with the first focusing on outdoor sports and due to be held between June and September 2019. A second series of test events will be held from October 2019 to February 2020, with a final series taking place between March and May 2020, which will primarily focus on the confirmation of communication and reporting lines.

For more details, see <https://tokyo2020.org/en/games/sport/testevents/>

Tokyo 2020 Cultural Olympiad

The Olympic and Paralympic Games are not only a celebration of sport, they are also a cultural festival. As the grand finale of the Tokyo 2020 Participation Programme the Tokyo 2020 Organising Committee aims to increase momentum and excitement to the highest levels by hosting the Tokyo 2020 NIPPON Festival, which will promote Japan’s diverse culture to domestic and global audiences.

The Tokyo 2020 NIPPON Festival is the official Cultural Olympiad of the Tokyo 2020 Games and will be held from April to September 2020 when the eyes of the world will be on Tokyo and Japan. Along with expressing Japanese culture, the festival will serve as an opportunity to engage a diverse array of people and encourage a wide range of interactions as part of its aim to realise a fully-inclusive society, engage as many people as possible in the Tokyo 2020 Games through cultural and artistic activities, and raise expectation levels for the Games.

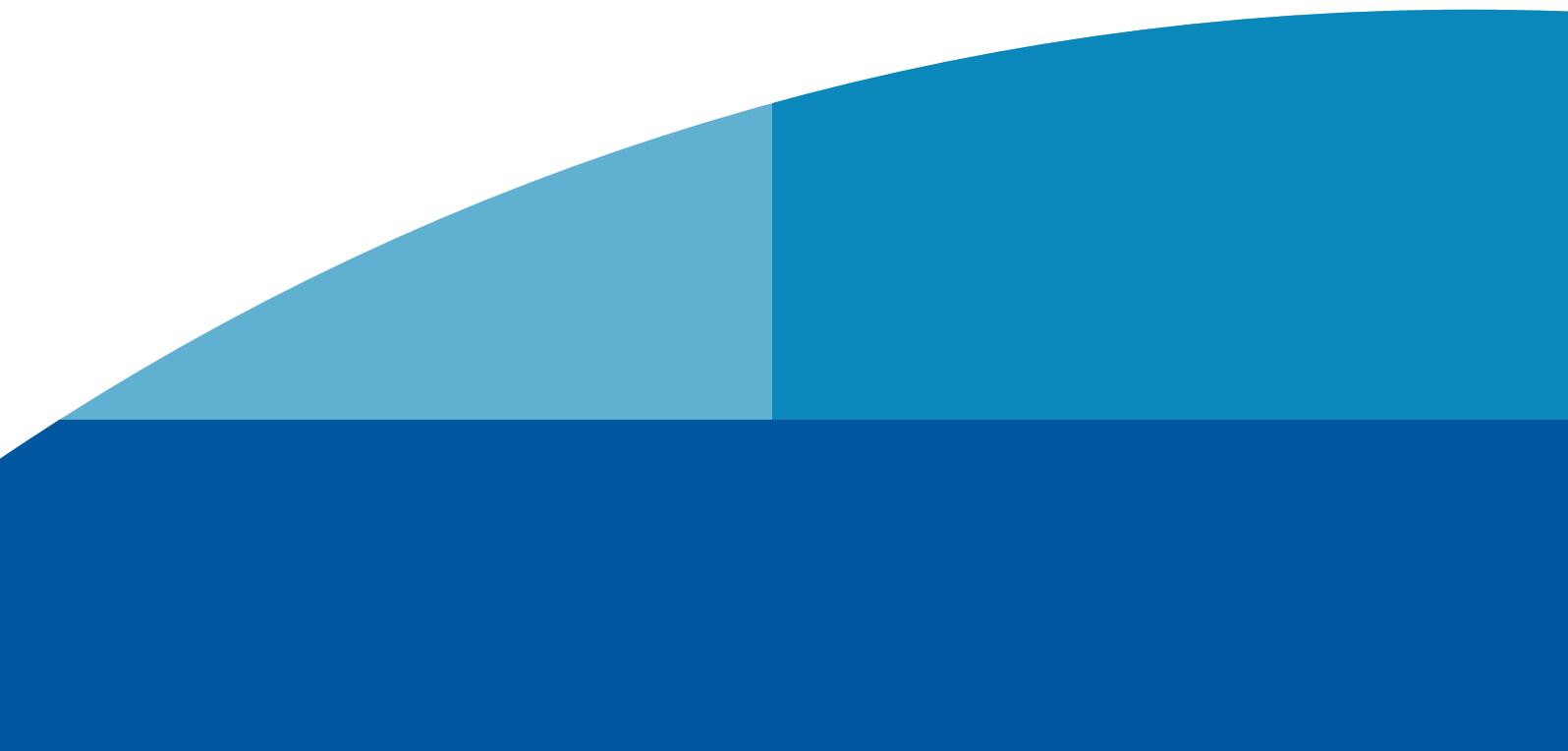
After the Games

The Tokyo 2020 Games are more than a sporting tournament. The success of the Games also depends on the positive legacies that the Games will leave Japan and the world in a diverse variety of fields other than sport.

The Tokyo 2020 Organising Committee is collaborating with multiple stakeholders to promote a range of projects that will leave a host of enduring legacies based on the five core themes that make up the Tokyo 2020 Action and Legacy Plan: Sport and Health; Urban Planning and Sustainability; Culture and Education; Economy and Technology; and Recovery, Nationwide Benefits and Global Communication. With a successful delivery of the Games, the Tokyo 2020 Organising Committee will leave a wealth of lasting legacies across a broad range of areas to future generations.

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Gymnastics overview



Gymnastics at the Olympic Games

Gymnastics featured on the programme at the first modern Olympic Games in 1896 and is one of only five sports to have featured at every Games since. The sport has evolved dramatically since Athens 1896, and is now divided into three disciplines on the Olympic programme.

Artistic Gymnastics was first used as a term in the 19th century to distinguish free-flowing styles from techniques used in military training. Gymnastics competitions soon began to flourish in schools and athletic clubs across Europe and were included in the 1896 Games. Between its appearance at Athens and the 1920s, the sport evolved into what we recognise as modern Gymnastics. For full details of Artistic Gymnastics at Tokyo 2020, see p18.

Trampoline Gymnastics has its origins in the 1930s, when the first modern trampoline was built by George Nissen and Larry Griswold at the University of Iowa. The trampoline was initially used as a training tool for tumblers, astronauts and athletes, but eventually became a competitive sport in its own right and went on to make its Olympic debut at Sydney 2000. For full details of Trampoline Gymnastics at Tokyo 2020, see p23.

Rhythmic Gymnastics first appeared in primitive form during the 19th century, and eventually evolved to incorporate elements from classical ballet, German muscle-building techniques and Swedish exercise systems. The International Gymnastics Federation (FIG) recognised Rhythmic Gymnastics as an official discipline in 1963 and 21 years later the discipline made its Olympic debut at Los Angeles 1984. For full details of Rhythmic Gymnastics at Tokyo 2020, see p27.

Key personnel

Tokyo 2020 competition management

Gymnastics Sport Manager:	Koichi Endo (JPN)
Gymnastics Services Manager:	Toshiaki Fujii (JPN)
Gymnastics Chief Technical Operations Manager:	Teruaki Takeuchi (JPN)
Artistic Gymnastics Technical Operations Manager:	Hideaki Takemura (JPN)
Trampoline Gymnastics Technical Operations Manager:	Masato Ishida (JPN)
Rhythmic Gymnastics Technical Operations Manager:	Asuka Presley (JPN)

International Gymnastics Federation (FIG)

IF Technical Delegates (Artistic Gymnastics):	Arturs Mickevics (LAT), Donatella Sacchi (ITA)
IF Technical Delegate (Trampoline Gymnastics):	Horst Kunze (GER)
IF Technical Delegate (Rhythmic Gymnastics):	Nataliya Kuzmina (RUS)



Koichi Endo
Gymnastics Sport Manager, Tokyo 2020

Koichi Endo has a great pedigree in the sport of Gymnastics. His late father, Yukio Endo, was a world champion and won five Olympic gold medals, including the men's individual all-around title at Tokyo 1964. Koichi is the illustrator of the Men's Artistic Gymnastics Code of Points and the Public Relations Committee Chief of the Japan Gymnastics Association (JGA). He was formerly an international judge and officiated at world championships in 2002 and 2003. In Japan he has been involved in the competition management of several major Gymnastics events, including the 2011 World Artistic Gymnastics Championships in Tokyo and the 2015 Asian Artistic Gymnastics Championships in Hiroshima. Endo started on the Tokyo 2020 sport management team in October 2016.

For details of how to contact Tokyo 2020, IOC, FIG and JGA, see p50-53 (Directory).

Rules

The Gymnastics competitions will be held in accordance with the editions of the following documents that are in force at the time of the Olympic Games:

FIG Statutes

FIG Technical Regulations

FIG Apparatus Norms

FIG Code of Points (discipline-specific versions), relevant newsletters and helpdesk

FIG Judges' Rules (general and discipline-specific versions)

FIG License Rules

Subsequent decisions of the FIG Executive Committee

(all the above documents are available at www.gymnastics.sport/site/rules/rules.php)

The Olympic Charter

www.olympic.org/documents/olympic-charter

In accordance with Rule 46 of the Olympic Charter, FIG will be responsible for the technical control and direction of Gymnastics at Tokyo 2020.

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Gymnastics competitions at the Olympic Games must comply with the documents listed below:

FIG Technical Regulations

FIG Code of Points (discipline-specific versions)

FIG Apparatus Norms

(all the above documents are available at www.gymnastics.sport/site/rules/rules.php#9)

The Olympic Charter

www.olympic.org/documents/olympic-charter with particular reference to Rule 50 - Advertising, Demonstrations, Propaganda and Bye-law to Rule 50

Guidelines Regarding Authorised Identifications for the Games of the XXXII Olympiad, Tokyo 2020 (distributed by the IOC to all NOCs)

Artistic Gymnastics

Artistic Gymnastics competition

The Artistic Gymnastics competition at Tokyo 2020 will be held from Saturday 25 July to Thursday 30 July 2020, and from Sunday 2 August to Tuesday 4 August 2020 at Ariake Gymnastics Centre, located in the Tokyo Bay Zone. The competition will consist of 14 medal events, summarised below:

Medal Events

Men (8)	Women (6)
Team	Team
All-Around	All-Around
Floor Exercise	Vault
Pommel Horse	Uneven Bars
Rings	Balance Beam
Vault	Floor Exercise
Parallel Bars	
Horizontal Bar	

A maximum of 196 competitors may take part in the Olympic Artistic Gymnastics competition. This figure comprises 96 male and 96 female athletes, plus two (2) places allocated to the host country - one (1) male and one (1) female - and two (2) Tripartite Commission places - one (1) male and one (1) female. For details of the qualification requirements, see p49 (Sport entries and qualifications).

Competition format

There will be four (4) competition phases in the Artistic Gymnastics competition: qualification, team final, all-around final and apparatus final.

During qualifications, all gymnasts compete as part of a team of four (4) gymnasts or as individuals. The results are used to determine the qualifiers for all finals. No scores are carried over to the finals from the qualifications.

The eight (8) top-ranked men's and women's teams from the qualifications go forward to the team finals (including all teams tied for eighth place after Olympic tie-breaking rules have been applied), which feature three (3) of the four (4) members of each team at each apparatus and the scores of all three members on each apparatus will count. The teams compete again on all apparatus and are ranked on their total team score.

The 24 top-ranked men and women from the qualifications proceed to the all-around final (including all gymnasts tied for 24th place after Olympic tie-breaking rules have been applied), to a maximum of two (2) per NOC. The gymnasts perform again on all pieces of apparatus, and are ranked on their total individual score.

The eight (8) top-ranked men and women on each apparatus in the qualifications proceed to the apparatus finals (including all gymnasts tied for eighth place after Olympic tie-breaking rules have been applied), to a maximum of two (2) per NOC.

Judges and scoring

A panel of nine (9) judges presides over each apparatus. The judges are divided into panels in order to calculate the final score ('F') as follows:

$F = D + E - \text{penalties (neutral deductions)}$

The difficulty panel, made up of two (2) judges, calculates the 'D' score, which is based on the content of the routine.

The execution panel, made up of five (5) judges, is responsible for the 'E' score, which is determined by the gymnast's execution of the routine. The 'E' score is calculated by dropping the highest and lowest E judges' scores and averaging the three (3) remaining scores.

The other two (2) members of the judging panel are reference judges, part of the reference judges' system, introduced to establish an automatic correction system in case of any problems with 'E' scores. The 'RE' score is calculated by averaging the scores of the two (2) reference judges. If the gap between the (avg.) 'E' score and the (avg.) 'RE' score exceeds the predefined permitted tolerances, the (avg.) E score will be replaced by the average of the (avg.) 'RE' score and the (avg.) 'E' score. Otherwise, the (avg.) 'E' score will remain unchanged.

If the gap between the scores of the two (2) reference judges exceeds the predefined permitted tolerances, the 'RE' score will not be considered, and the (avg.) 'E' score will remain unchanged.

Artistic Gymnastics competition schedule

Day 1		Sat 25 Jul	
Session GAR01		Start:10:00	End:12:30
		Ariake Gymnastics Centre	
Time	Total	Event name	
10:00 - 12:30	2:30	Men's Qualification - Subdivision 1	
Session GAR02		Start:14:30	End:17:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
14:30 - 17:00	2:30	Men's Qualification - Subdivision 2	
Session GAR03		Start:19:30	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
19:30 - 22:00	2:30	Men's Qualification - Subdivision 3	
Day 2		Sun 26 Jul	
Session GAR04		Start:9:30	End:13:05
		Ariake Gymnastics Centre	
Time	Total	Event name	
9:30 - 11:10	1:40	Women's Qualification - Subdivision 1	
11:25 - 13:05	1:40	Women's Qualification - Subdivision 2	
Session GAR05		Start:15:10	End:18:45
		Ariake Gymnastics Centre	
Time	Total	Event name	
15:10 - 16:50	1:40	Women's Qualification - Subdivision 3	
17:05 - 18:45	1:40	Women's Qualification - Subdivision 4	
Session GAR06		Start:20:20	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
20:20 - 22:00	1:40	Women's Qualification - Subdivision 5	

Day 3		Mon 27 Jul	
Session GAR07		Start:19:00	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
19:00 - 21:45	2:45	Men's Team Final	
21:45 - 22:00	0:15	Men's Team Victory Ceremony	

Day 4		Tue 28 Jul	
Session GAR08		Start:19:45	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
19:45 - 21:45	2:00	Women's Team Final	
21:45 - 22:00	0:15	Women's Team Victory Ceremony	

Day 5		Wed 29 Jul	
Session GAR09		Start:19:15	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
19:15 - 21:50	2:35	Men's All-Around Final	
21:50 - 22:00	0:10	Men's All-Around Victory Ceremony	

Day 6		Thu 30 Jul	
Session GAR10		Start:19:50	End:22:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
19:50 - 21:50	2:00	Women's All-Around Final	
21:50 - 22:00	0:10	Women's All-Around Victory Ceremony	

Day 9		Sun 2 Aug	
Session GAR11		Start:17:00	End:20:00
		Ariake Gymnastics Centre	
Time	Total	Event name	
17:00 - 17:35	0:35	Men's Floor Exercise Final	
17:35 - 17:45	0:10	Men's Floor Exercise Victory Ceremony	
17:45 - 18:20	0:35	Women's Vault Final	
18:20 - 18:30	0:10	Women's Vault Victory Ceremony	
18:30 - 19:05	0:35	Men's Pommel Horse Final	
19:05 - 19:15	0:10	Men's Pommel Horse Victory Ceremony	
19:15 - 19:50	0:35	Women's Uneven Bars Final	
19:50 - 20:00	0:10	Women's Uneven Bars Victory Ceremony	

Day 10		Mon 3 Aug	
Session GAR12		Start:17:00	End:19:15
		Ariake Gymnastics Centre	
Time	Total	Event name	
17:00 - 17:35	0:35	Men's Rings Final	
17:35 - 17:45	0:10	Men's Rings Victory Ceremony	
17:45 - 18:20	0:35	Women's Floor Exercise Final	
18:20 - 18:30	0:10	Women's Floor Exercise Victory Ceremony	
18:30 - 19:05	0:35	Men's Vault Final	
19:05 - 19:15	0:10	Men's Vault Victory Ceremony	

Day 11		Tue 4 Aug	
Session GAR13		Start:17:00	End:19:15
		Ariake Gymnastics Centre	
Time	Total	Event name	
17:00 - 17:35	0:35	Men's Parallel Bars Final	
17:35 - 17:45	0:10	Men's Parallel Bars Victory Ceremony	
17:45 - 18:20	0:35	Women's Balance Beam Final	
18:20 - 18:30	0:10	Women's Balance Beam Victory Ceremony	
18:30 - 19:05	0:35	Men's Horizontal Bar Final	
19:05 - 19:15	0:10	Men's Horizontal Bar Victory Ceremony	

Trampoline Gymnastics

Trampoline Gymnastics competition

The Trampoline Gymnastics competition at Tokyo 2020 will be held from Friday 31 July to Saturday 1 August 2020 at Ariake Gymnastics Centre. The first day will be dedicated to the women's individual event and the second day to the men's individual event. The competition will consist of two (2) medal events, summarised below:

Medal Events

Men (1)	Women (1)
Individual	Individual

A maximum of 32 competitors may take part in the Olympic Trampoline Gymnastics competition. This figure comprises 16 male and 16 female athletes, which includes one (1) place allocated to the host country (male or female) and one (1) Tripartite Commission place (male or female). For details of the qualification requirements, see p49 (Sport entries and qualification).

Competition format

Both the men's and women's competitions have the same format: the gymnasts with the eight (8) best scores from the qualifying round will go forward to the final (including all gymnasts tied for eighth place after Olympic tie-breaking rules have been applied). The starting order for the final will be in order of merit, the gymnast with the lowest score in the qualifying round going first. The finals are conducted from a zero (0) start.

Competition cards

The competition cards must be handed in at the time and place specified by competition management, otherwise the gymnast may not be allowed to start. The chief recorder is responsible for ensuring that they are given to the difficulty judges at least two (2) hours before the competition starts.

The elements of the first routine must be written down on the competition card. Each of the required elements must be marked with an asterisk (*). The elements of the second routine must also be written down on the competition card with the difficulty value of each element.

Qualifying round

There are two (2) routines in the qualifying round, with 10 different elements in each routine.

The first routine includes both free elements and special requirements. Four (4) of the skills chosen by the gymnast will have counting difficulty for the routine score; these skills cannot be repeated in the second voluntary routine without penalty. The difficulty of these skills will be added to the execution score plus the horizontal displacement and the time of flight to give the total for a routine.

The second routine is a voluntary routine. None of the skills already counted for difficulty in the first routine can be repeated, otherwise the difficulty of those skills will not be considered for calculation in the second routine. The execution score plus the horizontal displacement and the time of flight are added to the difficulty score to give the total for a routine.

Final

There is one (1) voluntary routine in the final, with 10 different skills without limitations, in which the execution score plus the horizontal displacement and the time of flight are added to the difficulty score to give the total for a routine.

Judges and scoring

A routine on the trampoline is characterised by high, continuously rhythmic, feet-to-feet and feet-to-back, front or seat rotational jumping elements, without hesitation or intermediate straight bounces. A trampoline routine should be planned to demonstrate a variety of forward and backward twisting or non-twisting elements. It should show good control, form, execution, height and maintenance of height.

The evaluation of execution and difficulty is done in tenths of a point. The time of flight is evaluated in 1/1000 of a second rounded down to 5/1000 of a second.

Judges must write their deductions independently of one another. When signalled by the Chair of Judges' Panel (CJP), all judges' marks must be displayed simultaneously.

The CJP controls all aspects of the competition; makes decisions on all matters other than execution, difficulty and time scores; and acts on and communicates these decisions to all relevant officials.

Judges' Panel

Judges' Panel	Description	No of Judges
CJP (HD, ToF)	Chair of Judges' Panel	1
E-score	Judges for Execution	6
D-score	Judges for Difficulty	2
Total		9

Scoring

The final score (F) is calculated as follows:

$$F = E (\text{max. 20 pts}) + H (\text{max. 10 pts}) + D + T - \text{Penalty}$$

Trampoline Gymnastics competition schedule

Day 7		Fri 31 Jul	
Session GTR01		Start:13:00	End:15:25
		Ariake Gymnastics Centre	
Time	Total	Event name	
13:00 - 14:35	1:35	Women's Qualification	
14:50 - 15:15	0:25	Women's Final	
15:15 - 15:25	0:10	Women's Victory Ceremony	

Day 8		Sat 1 Aug	
Session GTR02		Start:13:00	End:15:25
		Ariake Gymnastics Centre	
Time	Total	Event name	
13:00 - 14:35	1:35	Men's Qualification	
14:50 - 15:15	0:25	Men's Final	
15:15 - 15:25	0:10	Men's Victory Ceremony	

Rhythmic Gymnastics

Rhythmic Gymnastics competition

The Rhythmic Gymnastics competition at Tokyo 2020 will be held from Friday 7 August to Sunday 9 August 2020 at Ariake Gymnastics Centre. The competition will consist of two (2) medal events, summarised below:

Medal Events

Women (2)
Individual All-Around
Group All-Around

A maximum of 96 competitors may take part in the Olympic Rhythmic Gymnastics competition. This figure comprises 24 individual female athletes, plus one (1) place allocated to the host country and one (1) Tripartite Commission place, as well as 13 groups (5 female athletes per a group), plus one (1) group place allocated to the host country. For details of the qualification requirements, see p49 (Sport entries and qualifications).

Competition format

The individual all-around event begins with qualifications. The 10 top-ranked gymnasts (including all gymnasts tied for 10th place after Olympic tie-breaking rules have been applied) from the initial 26 advance to the final.

The group event also begins with qualification. The eight (8) top-ranked groups (including all groups tied for eighth place after Olympic tie-breaking rules have been applied) from the initial 14 advance to the final.

Judges and scoring

There are two (2) juries in Rhythmic Gymnastics, one with four (4) judges and the other with six (6) judges. The judges calculate the final score ('F') as follows:

$$F = D + E - \text{Penalty (neutral deductions)}$$

Jury D, divided into 2 subgroups, gives the 'D' score for Difficulty [D1-D2: Body Difficulties and Dance Steps Combinations, D3-D4: Dynamic Elements with Rotation and Apparatus Difficulty]. D1-D2 judges evaluate the entire exercise independently and then jointly determine the partial D-score content (one single common score). D3-D4 judges do the same as the D1-D2 judges. The final D-score will be the sum of the two partial D-scores.

Jury E gives the 'E' score for execution. E1-E2 judges evaluate the artistic component by deduction, such as unity of composition, music and movement, body expression and variety. They evaluate independently and then jointly determine the artistic penalties (one single common score).

E3-E6 judges evaluate the technical faults by deduction, determining the total deduction independently (average of the two (2) middle scores). The final E-score will be the sum of the artistic and technical deductions subtracted from 10.00 points.

The reference judge's system has been introduced to establish an automatic correction system in the case of any problems with the 'ET' scores. The two (2) 'ETR' judges will sit separately and independently evaluate technical faults and enter deductions separately.

If the gap between the [avg.] 'ET' score and the [avg.] 'ETR' score exceeds the predefined permitted tolerances, the average of the 'ETR' and 'ET' scores will form the final 'ET' score.

Rhythmic Gymnastics competition schedule

Day 14		Fri 7 Aug	
Session GRY01		Start:10:20	End:13:15
		Ariake Gymnastics Centre	
Time	Total	Event name	
10:20 - 13:15	2:55	Individual All-Around Qualification - Part 1 of 2	
Session GRY02		Start:14:50	End:17:45
		Ariake Gymnastics Centre	
Time	Total	Event name	
14:50 - 17:45	2:55	Individual All-Around Qualification - Part 2 of 2	
Day 15		Sat 8 Aug	
Session GRY03		Start:10:00	End:12:40
		Ariake Gymnastics Centre	
Time	Total	Event name	
10:00 - 11:10	1:10	Group All-Around Qualification - Part 1 of 2	
11:30 - 12:40	1:10	Group All-Around Qualification - Part 2 of 2	
Session GRY04		Start:15:20	End:17:50
		Ariake Gymnastics Centre	
Time	Total	Event name	
15:20 - 17:40	2:20	Individual All-Around Final	
17:40 - 17:50	0:10	Individual All-Around Victory Ceremony	
Day 16		Sun 9 Aug	
Session GRY05		Start:11:00	End:12:45
		Ariake Gymnastics Centre	
Time	Total	Event name	
11:00 - 12:30	1:30	Group All-Around Final	
12:30 - 12:45	0:15	Group All-Around Victory Ceremony	

Competition venue

Ariake Gymnastics Centre

1-10-1 Ariake
Koto-ku Tokyo
Japan

The Ariake Gymnastics Centre is a temporary venue built especially for Gymnastics at Tokyo 2020. It is located on Ariake island in the Tokyo Bay Zone of venues and will have a gross capacity of 12,000 for the Gymnastics competitions at Tokyo 2020.

Fields of play

The Artistic Gymnastics competition will be conducted on an 80cm Gymnastics raised podium in the centre of the arena.

The Trampoline Gymnastics competition will be conducted on an 80cm Gymnastics raised podium in the centre of the arena where gymnasts will have the choice of two (2) trampolines placed parallel and 2m apart.

The Rhythmic Gymnastics competition will be conducted on an 80cm Gymnastics raised podium in the centre of the arena.

The arena will include a music system for playing gymnasts' floor music. All equipment will be presented in accordance with FIG regulations.

Facilities

For the Artistic Gymnastics competition there will be two (2) separate warm-up areas, one (1) for men and one (1) for women, located close to the field of play. Some warm-up apparatus will be located on an 80cm Gymnastics raised podium and the areas will include a music system for playing gymnasts' floor music.

For the Rhythmic Gymnastics competition, the final warm-up carpet and four other warm-up carpets will be located close to the field of play in the warm-up hall. All carpets will measure 13m² with a 50cm border in accordance with FIG standards. The warm-up facilities will include music systems for playing gymnasts' routine music.

For the Trampoline Gymnastics competition, the warm-up area will be located in the same venue near the field of play.

Other facilities at the competition venue will include:

- changing rooms, toilets and showers (separate facilities for men and women)
- lounges for athletes and officials
- lounges and working area for Technical Officials
- catering services
- mixed zone where accredited media interview athletes after competition
- press conference room
- RG measurement table with balance
- ballet barres and mirrors
- weighing scales
- sport information desk (p48 Sport information)
- medical services (p44 Medical services)
- massage plinths
- doping control station (p46 Anti-Doping)

Training venue

Tokyo Big Sight (TBC)

3-11-1 Ariake
Koto-ku Tokyo
Japan

The Tokyo Big Sight is a convention and exhibition centre in the Tokyo Bay Zone near the competition venue which will be open from Tuesday 14 July to Saturday 8 August 2020. All training equipment will be approved by FIG and will comply with Rule 50 and Bye-law to Rule 50 of the Olympic Charter.

The Gymnastics facilities at Tokyo Big Sight will include:

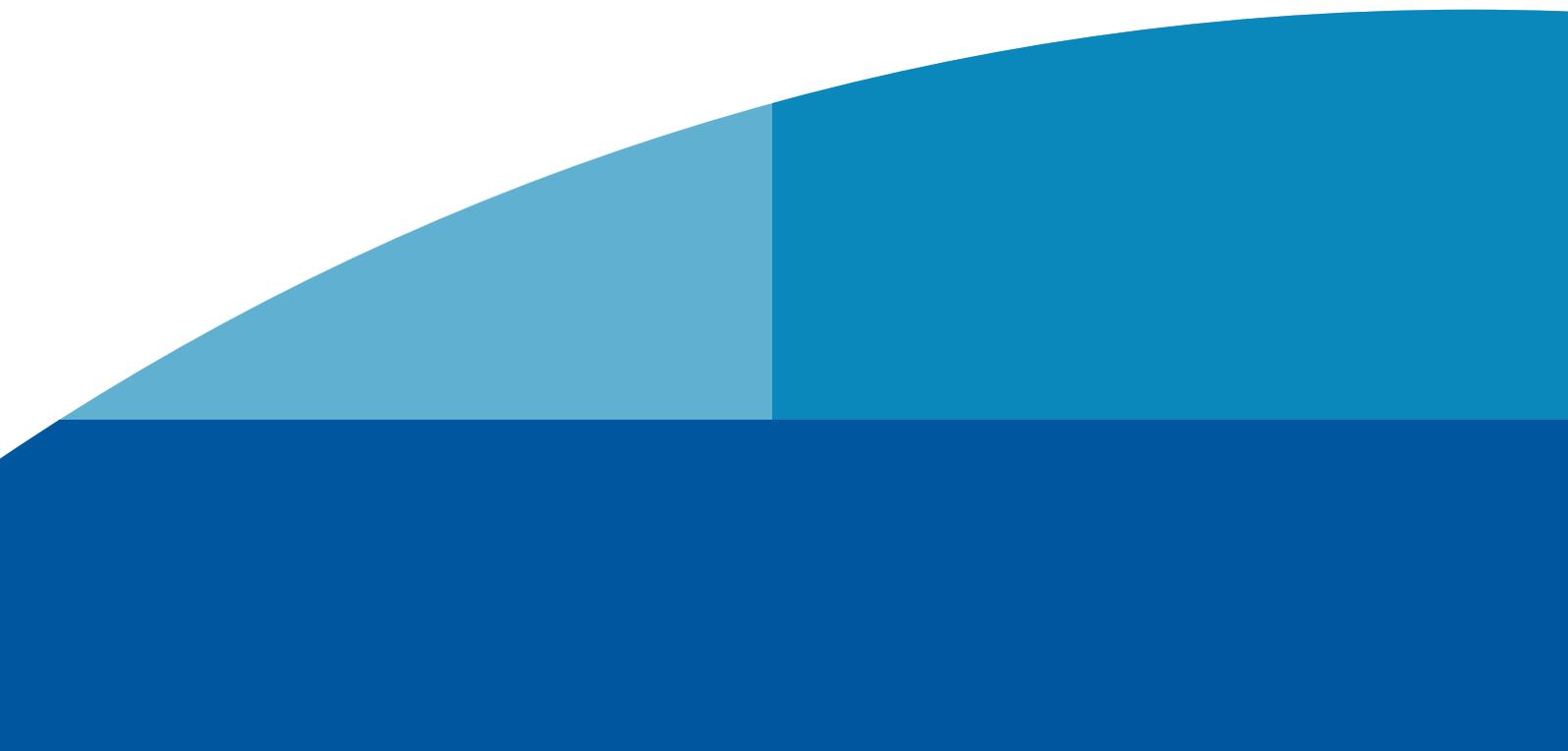
- four (4) sets of apparatus: two (2) for men and two (2) for women plus additional PH, PB, UB and BB (Artistic Gymnastics)
- six (6) RG floors (Rhythmic Gymnastics)
- four (4) trampolines (Trampoline Gymnastics)

Other facilities at the training venue will include:

- sport information desk
- lounge area for athletes
- changing rooms, toilets (separate facilities for men and women)
- sport equipment storage
- massage area
- stretching area
- medical services
- ballet barres and mirrors
- press viewing area
- music systems for playing gymnasts' floor music for Rhythmic Gymnastics and Women's Artistic Gymnastics

3

General information



Accreditation

Overview

The National Olympic Committees are responsible for completing the registration process for all members of its delegation. This includes:

- athletes
- team management
- team officials including veterinarians, grooms, caddies and Olympic Village administrative personnel
- alternate athletes, training partners and personal coaches
- NOC office holders
- dignitaries
- guests
- horse owners
- drivers
- press
- recipients of Olympic Village Guest Passes
- recipients of Training Venues Passes

The registration process for all populations will be completed using the Accreditation, Sport Entries and Guest Pass functionalities of the Tokyo 2020 Games Management System (GMS).

The Olympic Identity and Accreditation Card (OIAC) is the official document that identifies each person participating in the Olympic Games, and ensures they are granted appropriate access to Games venues to fulfil their roles. The accreditation process also ensures that Games participants are granted entry to Japan for the period of the Games.

Full details of the accreditation process for the Tokyo 2020, including categories, quotas, entitlements and policies will be published in the NOC Accreditation Manual in November 2019. The IOC's 'Accreditation at the Olympic Games Detailed Specifications' (early 2019 version) is a useful reference document.

Sport Entries is a fundamental part of the registration process for athletes. The number of athletes in an NOC delegation determines the number of accreditations available to the NOC for many other populations, especially for team officials.

Below is the accreditation timeline for NOCs:

Date	Activity
Nov 2019	Tokyo 2020 publishes NOC Accreditation Manual and associated registration materials on Tokyo 2020 Connect
2 Dec 2019	Accreditation functionality of Tokyo 2020 GMS opens (NOCs will only be provided with access after completing and returning Responsible Organisation Undertaking and User Account Request forms)
10 Apr 2020	Deadline for NOCs to submit all applications for accreditation (all categories) through Tokyo 2020 GMS
Apr - May 2020	Pre-Delegation Registration Meetings (Pre-DRMs)
May - Jun 2020	Tokyo 2020 produces and dispatches Pre-Valid Cards (PVCs) to NOCs
24 Apr - 6 Oct 2020	PVCs valid as an entry document for Japan
6 Jul 2020	Deadline for NOCs to submit Sport Entries through Tokyo 2020 GMS
8-22 Jul 2020	Delegation Registration Meetings (DRMs) at the Olympic Village Team Processing Centre
12 Jul 2020	Start of PVC validation for NOC delegation members at Tokyo International Airport (Haneda) and Narita International Airport, and at other accreditation facilities (participants will only be able to validate after completion of their NOC's DRM)
24 Jul - 9 Aug 2020	Olympic Games Tokyo 2020

Application process

It is the NOC's responsibility to appropriately register athletes, team officials, dignitaries and press from its territory, in compliance with the Olympic Charter and according to a defined role detailed in the IOC's Accreditation at the Olympic Games Detailed Specifications (early 2019 version).

Applications for accreditation for all NOC delegation members must be submitted to Tokyo 2020 no later than 10 April 2020 to ensure Pre-Valid Cards (PVCs) can be produced and dispatched for delivery to NOCs before the departure of delegates travelling to the Games.

NOCs should collect and submit required personal information from all potential members of the NOC delegation, including all athletes and team officials on the 'long list' through the Tokyo 2020 GMS Accreditation functionality.

A complete application for accreditation consists of the personal information required on the application form and a digital photograph of the applicant that meets specifications. A document explaining details of the required data fields, acceptable identity documents and photograph specifications can be found on Tokyo 2020 Connect.

Conditions of Participation

As required by the IOC and in accordance with Rule 40 of the Olympic Charter, all NOC delegation members must complete and sign a Conditions of Participation form, acknowledging their compliance with the IOC and International Federation (IF) rules regarding Games participation and the World Anti-Doping Code.

Each individual applicant must provide their original signature onto a hard-copy of the Conditions of Participation form. The form will be available in English and French. The NOC President, Secretary General or Chef de Mission must countersign each form (electronic signatures and signature stamps will not be accepted). Each form must also contain the NOC's official stamp.

Only original signed (and countersigned as appropriate) copies of the Conditions of Participation form will be accepted by Tokyo 2020, and must be received at, or prior to, each NOC's Delegation Registration Meeting (DRM). However, NOCs are strongly encouraged to return the forms to Tokyo 2020 by secure/tracked post, or in person if the opportunity arises, such as an NOC visit to Tokyo or the Pre-DRMs. Submitting the completed forms prior to the DRM will ensure that the accreditation section of the DRM can be completed promptly and that delegation members will not be delayed when validating their accreditation and entering the Olympic Village. Accreditation cannot be validated until the Conditions of Participation form has been received and confirmed in the Tokyo 2020 GMS.

A parent or legal guardian of all participants who have not reached 18 years of age (or the age of majority in their country where this is greater than 18 years) on the date of signing the Conditions of Participation form must also complete and sign a Parent/Legal Guardian Acknowledgement of Consent for Minors form. Without a signed form, underage athletes will not be able to compete, and underage officials will not be eligible for accreditation at Tokyo 2020.

Pre-Valid Cards and entry into Japan

The Tokyo 2020 Accreditation team will produce Pre-Valid Cards (PVCs) for all NOC delegates whose attendance at the Games has been confirmed during the Pre-DRMs. The production and distribution process will commence as soon as the Pre-DRMs have been completed.

PVCs will be dispatched to a single location, usually the NOC's head office. It is the responsibility of each NOC to distribute the PVCs to their delegation members before they travel to Japan for the Games.

The OIAC in the PVC format will serve as an entry document to Japan when accompanied by a valid passport or travel document from 24 April to 6 October 2020, for a maximum stay of 90 consecutive days. The OIAC will facilitate entry into Japan only; accredited Games participants coming to Japan via another country are responsible for obtaining the necessary documentation for entry/transit into that country if required for their nationality.

The PVC/OIAC is valid for multiple entries between these dates. The same passport or travel document used in the application for accreditation should be presented with the PVC/OIAC upon every entry into Japan.

The PVC/OIAC is valid in this way for all nationalities, through all ports of entry. Delegation members should travel with their PVC in their hand luggage ready for inspection with their passport or travel document by their airline, airport and immigration authorities if required during departure, transit and arrival. Accredited Games participants arriving with their PVC will be entitled to use dedicated or priority lanes at immigration and customs when entering Japan through selected Official Ports of Entry.

Tokyo 2020 and the relevant Japanese Government authorities will work with airlines and immigration services worldwide to ensure that all necessary authorities are aware that the PVC can be used as a visa waiver to travel to Japan for the Games.

Tokyo 2020 strongly recommends that all accredited Games participants travel with their PVC even if they would not normally need a visa to enter Japan due to their nationality. This is to demonstrate to airline, airport and immigration authorities the reason for travel, as well as to facilitate a smooth journey through the airport upon arrival in Japan and onward travel to accommodation.

All non-Japanese nationals will be required to complete a Disembarkation Card for Foreign Nationals and present it at the immigration counter. The cards are usually distributed by airlines during inbound flights to Japan. A separate card is required for each individual.

Accredited Games participants with requirements to stay in Japan for more than 90 consecutive days will be required to obtain a Certificate of Eligibility prior to departure from their country of residence, and present this to the immigration authorities alongside the PVC and valid passport or travel document upon entry to Japan. For more information and detailed instructions on how to obtain the Certificate of Eligibility, please refer to the Tokyo 2020 Visa and Entry Guide which can be found on Tokyo 2020 Connect.

Tokyo 2020 may not be able to produce and dispatch PVCs for individuals whose application for accreditation is submitted after the deadline. In such cases it will be the responsibility of the NOC and the individual to obtain an entry visa for Japan (if required for their nationality) through the normal process. This also applies to all non-accredited NOC personnel including recipients of Training Venue Passes and Olympic Village Guest Passes. Further information on the normal entry and visa processes can be found in the Tokyo 2020 Visa and Entry Guide.

Accreditation validation and Games-time operations

Individuals arriving in Japan through Tokyo International Airport (Haneda, HND) or Narita International Airport (NRT) will be able to validate their PVCs at the airport, provided their NOC's DRM has been completed.

Individuals arriving through other Ports of Entry should proceed to the appropriate main accreditation centre to complete the accreditation validation process.

Each individual must attend an accreditation facility in person to complete the validation process. Individuals should bring their PVC and the valid identity document that was provided to Tokyo 2020 in the accreditation application.

The Tokyo 2020 Accreditation team will be present at all competition venues, as well as operating the main accreditation centres in the relevant locations for each stakeholder group.

The table below lists all accreditation facilities and the services provided.

Location	PVC validation	Card production	Transfer requests	Lost - stolen replacement	Help desk
Tokyo Narita Airport (NRT)	Yes	No	No	No	No
Tokyo Haneda Airport (HND)	Yes	No	No	No	No
Olympic Village Accreditation Centre (at the Team Processing Centre)	Yes	Yes	Yes	Yes	Yes
Olympic Family Accreditation Centre (at Okura Hotel)	Yes	Yes	No	Yes	Yes
Main Press Centre (MPC) Accreditation Centre	Yes	Yes	No	Yes	Yes
International Broadcast Centre (IBC) Accreditation Centre	Yes	Yes	No	Yes	Yes
Olympic Sailing Village Accreditation Centre	Yes	Yes	No	Yes	Limited*
Olympic Cycling Village Accreditation Centre	Yes	Yes	No	Yes	Limited*
Miyagi Stadium Venue Accreditation Office (VAO)	Yes	Yes	No	Yes	Limited*
Sapporo Dome VAO	Yes	Yes	No	Yes	Limited*
Izu Velodrome and MTB Course VAO	Yes	Yes	No	Yes	Limited*
Enoshima Yacht Harbour VAO	Yes	Yes	No	Yes	Limited*
Fukushima Azuma Baseball Stadium VAO	Yes	Yes	No	Yes	Limited*
VAOs at all other competition venues	Yes	No	No	Yes	No

* In some cases, help may be provided remotely by the Accreditation team from the Olympic Village

Ticketing and accredited seating

Games-time ticket sales

At Games time, available tickets may be purchased through <https://tokyo2020.org/> or at any of the following locations:

- Olympic Village (ticket box office at the Village Plaza)
- competition venues (ticket box offices operate on competition days at relevant venues)

Complimentary sport tickets

Athletes and officials may access the athletes' stand during competition for their own discipline(s) without a ticket, upon presentation of their Olympic Identity and Accreditation Card (OIAC). In order to watch competitions at venues in disciplines other than their own, athletes and officials will require a ticket.

NOC Chefs de Mission may request complimentary sport tickets called DDA (Different Discipline Athlete) tickets for their delegation members before the event through the DDA ticket request system provided by Tokyo 2020. DDA tickets will be limited in number, and demand is expected to exceed supply for many venues.

NOC Services will allocate DDA tickets according to factors such as seating capacity, delegation size, NOC participation in a relevant discipline or sport, and so on. Chefs de Mission or their ticketing proxy card holders will be able to collect DDA tickets from the NOC Services Centre in the Olympic Village.

Accommodation

During the Tokyo 2020 Olympic Games, the Olympic Village will accommodate 18,000 athletes and team officials. Additional residential facilities will be provided in the Olympic Sailing and Cycling Villages, specific groups' accommodation, Football accommodation, Baseball and Softball accommodation and Additional Team Officials' (ATOs') accommodation.

A brief summary of the Olympic Village follows below.

Olympic Village

The Olympic Village is in the Harumi district on Tokyo's waterfront. It will officially open at 08:00 on Tuesday 14 July 2020 and close at 18:00 on Wednesday 12 August 2020.

It is conveniently located to allow access to competition venues in both the Heritage Zone and Tokyo Bay Zone, as well as famous tourist landmarks of Tokyo.

The Satellite Villages are located outside Tokyo: the Olympic Sailing Village in Oiso-cho, Kanagawa Prefecture and the Olympic Cycling Village in Izu city, Shizuoka Prefecture.

Commencing from 08:00 on Tuesday 14 July 2020, once DRMs and Inventory & Inspections (I&Is)

have been completed for an NOC, all athletes and team officials from that NOC residing in the Olympic Village can proceed to the Team Processing Centre (TPC, formerly known as the Welcome Centre), where luggage and equipment will be screened.

Accommodation

The Olympic Village has 3,800 apartment units in 21 residential buildings of 14 to 18 floors each. The buildings are divided into four residential areas and the Village is surrounded by ocean on three sides. Apartments will contain two to eight beds and include bedrooms and a common space. The number of bathrooms per apartment will depend on the number of residents, and some apartments will contain a combined bedroom/common space. Free-of-charge wi-fi services will be available in residential buildings.

Please note, in Japan the ground floor is called “first floor” and it continues to the second and third floor onwards. Buttons in lifts start from 1 and continue to 2, 3, 4 onwards.

Residential Centre

To service the four residential areas in the Olympic Village, there are five residential centres. Four residential centres will operate 24 hours a day with the fifth open from 07:00 to 22:00. Each residential centre will have a front desk to assist resolving issues related to accommodation services in the Village, including housekeeping requests, maintenance issues and lost keys. The residential centres will also provide general information services, Info terminals, internet access, and lounge and meeting facilities.

Multi-Function Complex (MFC)

The Multi-Function Complex (MFC) in the Olympic Village is a building of three floors which houses a number of services including the Polyclinic, casual dining facilities, recreation rooms, fitness centre, gymnasium and multi-faith centre.

Food services

The Main Dining Hall will be located in the Residential Zone adjacent to the Athlete Transport Mall and will operate on a 24-hour basis from Tuesday 14 July to Wednesday 12 August 2020. A menu, rotated on an eight-day cycle, will provide a wide range of meal choices and cater to all nutritional needs.

Additional dining options in the Olympic Village will include ‘grab-and-go’ stations in the residence areas, casual dining in the MFC area as well as the Village Plaza Cafe in the Village Plaza.

From Tuesday 14 July to Sunday 9 August 2020, Athlete Venue Meals (AVMs) will be available for athletes and officials who will be away from the Olympic Village for longer than four hours due to competition or training.

AVMs must be ordered from the Sport Information Centre (SIC) at the Olympic Village in advance. Meals will be prepared at the venue and available for collection from the Athletes’ Lounge.

AVMs will be cold packed meals consisting of sandwiches, salads, fruits, desserts, yogurt, etc. Vegetarian meals are available but need to be specified when ordering.

Fitness Centre

The fitness centre and gymnasium is located on the third floor of the MFC. The facility is open 24 hours a day except when temporarily closed for cleaning or maintenance. There will be a significant

selection of cardiovascular equipment and weights (benches and free weights), power racks, space for stretching and warming-up/down, and conditioning space for flexibility exercises. The shower and sauna areas are separated by gender and will be available for all residents.

Athletes' Lounges

The Athletes' Lounges, including socialising areas and TV lounge, are located in residential buildings and will be an area where athletes can congregate and relax.

Electronic Games Room

Arcade games and TV games are available in the electronic games room located on the second floor of the MFC and open between 10:00 and 24:00. Other recreation facilities besides those described above will be communicated in the Chefs de Mission Manual.

Multi-faith Centre

Tokyo 2020 will provide a multi-faith centre for worship and meditation on the third floor of the MFC. It will contain representatives of the following religions: Buddhism, Christianity, Hinduism, Islam and Judaism and will open between 07:00 and 22:00.

Village Plaza

The Village Plaza, located next to the main entrance of the Olympic Village, is designed as a communication spot for athletes, team officials, guests and media. The Village Plaza comprises a number of retail outlets with Tokyo 2020 commodities, bank, cafe, etc.

Sustainably constructed from locally-sourced timber, the materials will be re-used after the Games by various local governments to build legacy facilities.

The Village Plaza is a one-story temporary building with accessible toilet facilities.

Olympic Sailing Village

The Olympic Sailing Village is located in Oiso in Kanagawa Prefecture, approximately 21km away from the Sailing competition venue and 70km from the Olympic Village. All athletes and team officials involved in the Tokyo 2020 Sailing competition will stay at the Olympic Sailing Village.

The Olympic Sailing Village uses an existing hotel (Oiso Prince Hotel), which is located in an outstanding location on Sagami Bay. In addition, there is a hot spring facility adjacent to the hotel and a popular outdoor pool called Oiso Long Beach. These facilities can be used for a fee. This hotel is also a legacy facility which was used as the Sailing Village at Tokyo 1964 Games.

Olympic Cycling Village

The Olympic Cycling Village is located in Izu in Shizuoka Prefecture, about 20km from the cycling competition site and 160km from the Olympic Village. All Tokyo 2020 Cycling Track and Cycling Mountain Bike athletes and team officials will stay at the Olympic Cycling Village.

The Olympic Cycling Village will use an existing resort hotel (Laforet Resort Shuzenji) which is surrounded by forest. Mt. Fuji can be seen from the premises and it is an ideal environment for athletes to relax as it includes natural hot springs.

Transport

During the Tokyo 2020 Olympic Games, the TA (Transport for Athletes) system will provide transport services for athletes and team officials (Aa, Ac, Ao and P alternate athletes) and their accompanying luggage and personal sport equipment from Tuesday 14 July to Wednesday 12 August 2020. The TA bus system will provide the following transport services:

- arrival and departure services from/to Tokyo International Airport (Haneda)/Narita International Airport to/from the Olympic Village
- arrival and departure services from/to Tokyo International Airport (Haneda)/Narita International Airport to/from the Olympic Sailing Village/Olympic Cycling Village
- arrival and departure services from/to the airports or stations in the Football co-host cities to/from the official hotels
- arrival and departure services from/to the stations in the Baseball/Softball co-host cities to/from the official hotels
- transport between the Olympic Village and official competition/training venues
- transport between the Olympic Sailing Village/Olympic Cycling Village and official competition/training venues
- transport between the official hotels and official competition/training venues in the Football co-host cities
- transport between the official hotels and official competition/training venues in the Baseball/Softball co-host cities
- Inter Village Connection Service (IVCS) connecting the Olympic Village, the Olympic Cycling Village and the Olympic Sailing Village
- Internal Village Transport Service (IVTS) operating inside the Olympic Village
- Different Discipline Athlete (DDA) spectator services
- Ceremony transport services between Villages (Olympic Village – Olympic Sailing Village/ Olympic Village – Olympic Cycling Village)

TA training and competition services

Transport services for athletes and team officials for training and competition have been planned and developed in consultation with the international federations and in accordance with the requirements for each sport. TA system vehicles will vary in size, seating capacity and model.

Regularly scheduled transport services will connect athletes to designated training venues. The service will commence on Tuesday 14 July 2020 and will continue until the close of each sport's individual training sessions/competition schedule end.

On competition days, the number of buses serving competition venues will be reduced during hours of competition as demand is expected to be low. Peak periods are the three (3)-hour period before competition begins and the two (2)-hour period after the end of the competition.

Inter Village Connection Service (IVCS)

The Inter Village Connection Service (IVCS) will connect the Olympic Village and the satellite Villages daily. Athletes and team officials will be able to move between the Olympic Villages as well as connect with other transport services departing from the Village Transport Mall. This service will operate between Tuesday 14 July and Monday 10 August 2020. Operational hours and frequency will be communicated in January 2020 on Tokyo 2020 Connect.

Internal Village Transport Service (IVTS)

The Internal Village Transport Service (IVTS) shuttle will operate inside the Olympic Village and will connect the main points of the Village including the transport mall and the Main Dining Hall in the Residential Zone.

The operational information will be communicated in the Chefs de Mission Manual.

Equipment transfers

Tokyo 2020 Logistics will operate a scheduled free service for transferring athlete sport equipment between the Olympic Village and competition and training venues. Please note this service does not include transfers to and from non-competition venues other than the Olympic Village.

NOCs can request assistance with inter-venue transfers from the Logistics desk at the NOC Services Centre in the Olympic Village.

Public transport (TP)

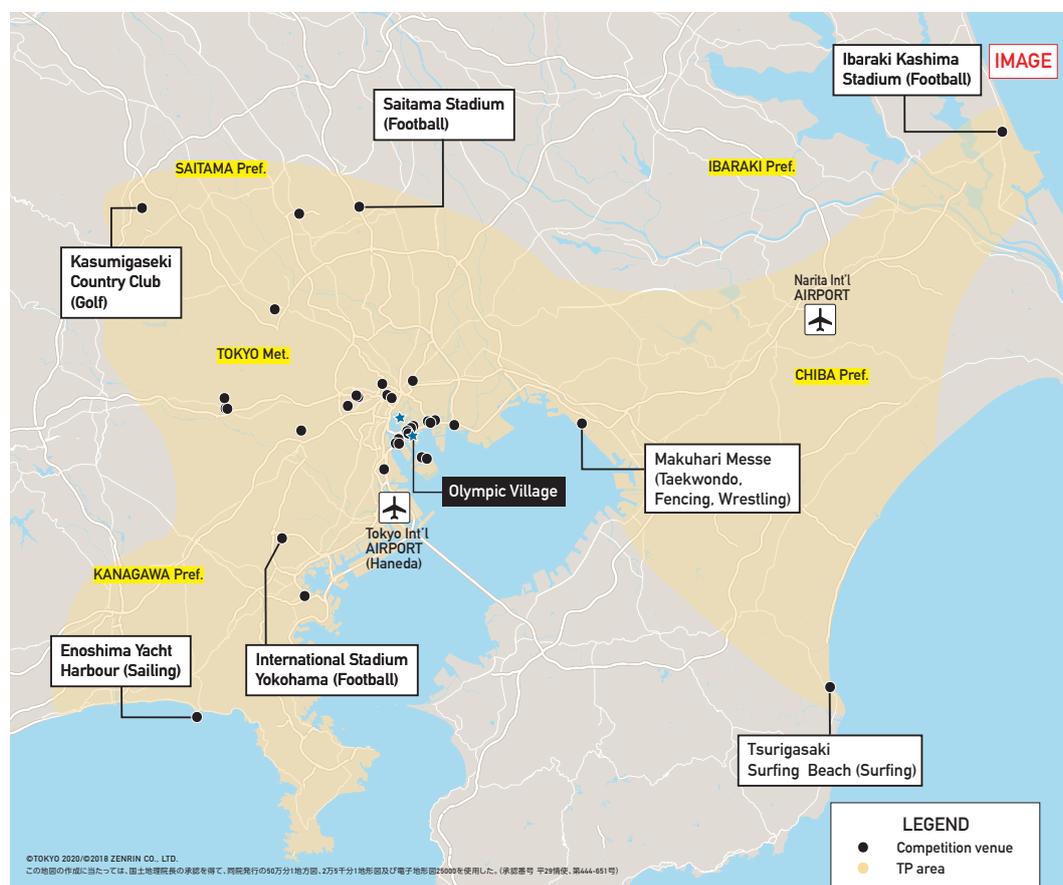
Accreditation holders will be provided with a public transport card, which can be used an unlimited number of times to travel free of charge on railway, subway and monorails between Friday 10 July and Wednesday 12 August 2020.

Transport cards will be provided upon validation of Pre-Valid Card (PVCs), except at accreditation validation counters located outside of the transport card service area.

The service area will include competition venues, training venues and official hotels in the Tokyo area, and Narita and Tokyo (Haneda) International Airports (for details, see map below).

Users will need to pay additional fees if they go beyond the service area, use limited express trains or make seat reservations.

The public transport card is not transferable. Some details are currently under consideration, such as use of transport cards on buses, and procedures for loss and reissue. More information will be announced at a later date.



Medical services

Public health services, including disease surveillance, communicable disease control, food and water quality control and air quality monitoring will be in place throughout Japan during the Games.

There are no vaccination requirements for entering Japan, but all NOC representatives are advised to consult their local physician prior to travelling to Japan to ensure up to date vaccinations for all Vaccine Preventable Diseases according to pre-travel advice.

A basic summary of medical services at the Games is given below. Full details will be provided in the Healthcare Guide which will be distributed to NOCs by Tokyo 2020 no later than six (6) months before the Games.

Olympic Village Polyclinic

The Village Polyclinic will be located in the Residential Zone of the Olympic Village and will be the main treatment provider for athletes and NOC team officials during the Games. The Village Polyclinic will be open from Tuesday 14 July to Wednesday 12 August 2020 from 07:00 to 23:00, with emergency services operating 24 hours a day.

Services in the Polyclinic will include:

- emergency services
- orthopaedics (primary care and sports medicine for injury)
- internal medicine (primary care and sports medicine for illness)
- female athlete medicine (sports medicine for female athletes)
- dentistry
- ophthalmology
- specialised medical services
- physical therapy including cryotherapy (icing, ice baths)
- laboratory services
- imaging
- pharmacy

NOC doctors

NOC team doctors must register in advance with Tokyo 2020 to provide medical services to members of their delegation during the Games. Registration is free of charge. Full details of the registration process will be sent to NOCs in August 2019.

In cases where it is necessary for NOC delegation members to be transferred to a hospital, an NOC team doctor may accompany the patient and discuss clinical management with the hospital medical team. The hospital medical team will provide treatment as the NOC team doctor is not permitted to practice at hospitals in Japan. The clinical responsibility reverts to the NOC team doctor upon discharge from the hospital.

NOC team doctors will be able to prescribe medicine at the pharmacy in the Olympic Village Polyclinic and request imaging and laboratory testing.

Olympic Sailing Village

The Olympic Sailing Village medical station will operate from Tuesday 14 July to Saturday 8 August 2020 and will provide primary care and physical therapy services.

Olympic Cycling Village

The Olympic Cycling Village medical station will operate from Tuesday 14 July to Tuesday 11 August 2020 and will provide primary care and physical therapy services.

Venue medical services

Medical facilities will be provided at competition, training and other official venues. Athlete and spectator medical facility services will be stocked with appropriate equipment, supplies and medication, and will be staffed by experienced medical staff. Ambulance units will be stationed at all official Tokyo 2020 competition venues and some training venues.

Ambulance teams will comprise of three staff. One or more paramedics must be on hand and all ambulance teams in Japan are ALS (Advanced Life Support) compliant according to the law.

Competition and training venues

At least one dedicated athlete medical station will be present at all official Tokyo 2020 competition and training venues. Each medical station will provide services such as first aid and emergency care to athletes, team officials and technical officials. Athlete medical stations will be equipped with essential first aid and emergency equipment.

Field of play

Field of play (FOP) response teams will provide first aid and emergency services to athletes and officials on the FOP should such services be required. If necessary, the patient will be retrieved from the FOP and transported to the athlete medical station, Village Polyclinic or designated hospital as appropriate. The order of response on the FOP and any decision-making will differ in each venue in accordance with the rules of the respective International Federation.

Spectator medical services

All official Tokyo 2020 competition venues will have at least one spectator medical station that will provide first aid and emergency medical services to all other client groups, including spectators, workforce, media, sponsors, volunteers, contractors, VIPs and Olympic Family. There will also be first responders circulating throughout venues to respond to any medical situation that occurs.

Designated Games hospitals

If the necessary medical services cannot be provided at the Olympic Village Polyclinic or at the venue medical station, the athlete or team official will be transferred to designated Games hospitals in central Tokyo or the co-host city. Details of Designated Games hospitals will be released at a later date.

Any patient suffering from a life-threatening condition at any of the venue zones will be taken to the nearest hospital.

Anti-Doping

Anti-Doping Programme

Tokyo 2020 is committed to delivering a world-class anti-doping programme during the Tokyo 2020 Olympic Games. Under the direction of the International Testing Authority (ITA), to which the IOC has delegated authority over the programme, the Tokyo 2020 anti-doping programme will ensure the integrity of sport is upheld and protect the rights and health of the athletes.

Tokyo 2020's anti-doping programme will:

- share intelligence mainly with ITA, but also with the World Anti-Doping Agency (WADA), International Sport Federations (IFs), National Anti-Doping Organisations (NADOs) and law enforcement agencies;
- conduct testing anytime and anywhere without prior notice from the opening of Olympic Village on Tuesday 14 July 2020 to the Closing Ceremony on Sunday 9 August 2020;
- implement in-Competition testing (commencing 12 hours before an athlete's scheduled competition until the end of sample collection processes related to such competition) and out-of-competition testing (anytime outside of the in-competition testing period) as stipulated in the World Anti-Doping Code, International Standards and IOC Anti-Doping Rules;
- collect urine and blood samples;
- perform state-of-the-art analysis at WADA-accredited laboratory dedicated to the Games.

Pre-Games Education

Tokyo 2020 encourages each NOC to provide anti-doping education to their athletes, athlete support personnel (such as coaches) and any medical staff in close collaboration with their NADOs and/or Regional Anti-Doping Organisations. Each NOC should make sure to inform the above stakeholders of the following information:

- 1. anti-doping rules and procedures that will be in place during the Games***
- 2. 2020 Prohibited List International Standard***
- 3. risks associated with supplement use**
- 4. athlete whereabouts requirements***
- 5. International Standard for Therapeutic Use Exemption (ISTUE)***
- 6. basic principles of anti-doping in preserving the values of Olympism and sport**

* The IOC will release the anti-doping rules one year before the Games. Detailed procedures for TUE and athlete whereabouts will accompany these rules.

In addition, all NOC medical doctors participating in the Games will be required to complete the WADA's Sports Physician's Tool Kit.

Games-time Operations

Transportation from the competition venue to the Olympic Village will be available for athletes and representatives once they have completed doping control.

If an athlete is residing outside the Olympic Village, it will be the responsibility of the NOC to provide transport for the athlete back to his/her accommodation.

Therapeutic Use Exemptions

Athletes competing at the Olympic Games must have a TUE certificate for permission to use substances or methods contained in the Prohibited List for therapeutic purposes. A TUE for the Games will be granted and recognised in accordance with IOC Anti-Doping Rules.

Further details are available in the Chefs de Mission Dossier and will be available in the Doping Control Guidebook scheduled for publication at the beginning of 2020.

Sport information

The Sport Information Centre (SIC) will be located in the NOC Services Centre building in the Olympic Village and will provide key sport-specific information to teams through dedicated Sport Information Desks (SIDs). SIDs will also be available at every competition venue. A variety of services and information will be available at the SIC/SID, including:

- general competition-related information and sport-related communications from Tokyo 2020 sport competition teams or International Federations
- distribution of results, draws, start lists, daily training schedules and other key information
- booking of Games-time training slots and allocation of training sessions at competition and training venues for selected sports
- transport information and scheduling of team sport buses
- Athlete Venue Meal (AVM) bookings (SIC only)

The SIC will be open every day from Tuesday 14 July to Wednesday 12 August 2020 between the hours of 07:00 and 22:00. Hours may change depending on demand.

Please note, athletes are not permitted in the SIC/SID. To ensure the best possible service levels, only properly accredited NOC team officials will be allowed into SIC/SID spaces.

Info

Info is the official Games-time intranet for the Olympic Family. It will be available in all competition and non-competition venues from the day the Olympic Village opens on Tuesday 14 July 2020 and will contain the following information in English (with limited content also available in French).

Info Content and Details	
Background	Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions
Biographies	Athlete biographies and team, coach, referee, umpire, judge and NOC profiles
Ceremonies	Details about Opening Ceremony, Closing Ceremony and medal ceremonies, including timings and participants
Games News	Flash quotes, press conference highlights, sport previews, news articles, statistic-driven reports, media communications and IOC news
Medals	Medal standings by sport, overall medal standings, and medallists by day, sport and event
Records	World and Olympic records, including current records, record holders and new/equalled records
Results	Competition results viewable by sport, date and NOC. Includes entry lists, start lists, results and additional sport-specific reports
Schedules	Competition and non-competition schedules, including press conferences, IOC activities and Cultural Olympiad

Info terminals will be available at NOC offices in the Olympic Village.

myInfo is the online version of Info and is available for users with an internet connection and login account (username and password) from anywhere in the world. myInfo provides additional features not available on Info, such as:

- customisation (ability for users to create their own schedules by selecting only those sports and events of interest to them)
- news/event alerts via email
- bookmarking of results, reports and other Games information
- hyperlinking to other websites, such as those of the IOC and IFs
- downloadable results books
- copy and paste functionality

Medals and diplomas

Medals and diplomas will be awarded in each event in accordance with the IOC Olympic Charter (Rule 56: Victory, Medal and Diploma Ceremonies) and the IOC Protocol Guide (Article 5.4).

First place: a gold (silver gilt) medal, a diploma, an Olympic medallist's pin and a medal box

Second place: a silver medal, a diploma, an Olympic medallist's pin and a medal box

Third place: a bronze medal, a diploma, an Olympic medallist's pin and a medal box

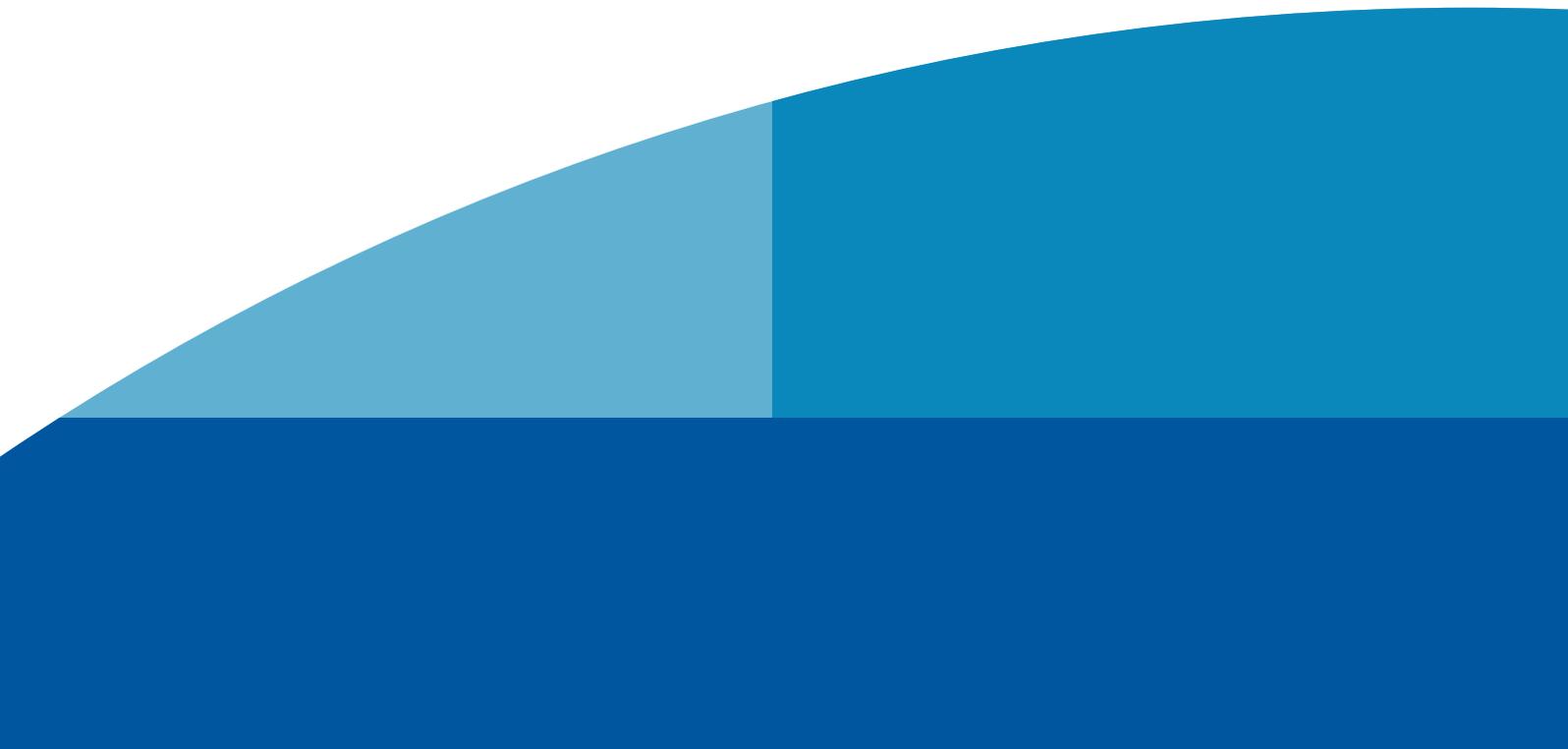
Fourth, fifth, sixth, seventh and eighth places: a diploma

Sport entries and qualifications

Entries to the Olympic Games are the responsibility of the National Olympic Committees (NOCs), upon recommendations provided by their respective National Federations (NFs) and based on qualification systems defined by the International Federations (IFs) and approved by the IOC. Detailed sport-by-sport qualification systems are available and will be regularly updated on the IOC's NOCNet.

4

Directory



The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020)

Tokyo won the right to stage the Games of the XXXII Olympiad on 7 September 2013. The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) is a private, not-for-profit sports association that was officially formed on 24 January 2014. Spearheaded by former prime minister of Japan, Yoshiro Mori, as president, the organising committee is composed of members from various organisations including the Japanese Olympic Committee (JOC), Japanese Paralympic Committee (JPC), Tokyo Metropolitan Government (TMG) and the national government of Japan.

Tokyo 2020 was assigned its mission by the International Olympic Committee (IOC) and International Paralympic Committee (IPC) and must follow their guidance, the Host City Contract, the Olympic Charter, the IPC Handbook, World Anti-Doping Agency (WADA) regulations and Japanese law.

Tokyo 2020 works in cooperation with Olympic and Paralympic Worldwide Partners, Gold Partners, Official Partners and Official Supporters.

Tokyo 2020

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Japan
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Online enquiries: https://enquiry.tokyo2020.org/CPR_Enquiry
URL: <https://tokyo2020.org>

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Yoshiro Mori

Chief Executive Officer:
Toshiro Muto

Chief Operations Officer:
Yukihiko Nunomura

Games Delivery Officer:
Hidemasa Nakamura

Sports Director:
Koji Murofushi

Olympic & Paralympic Village Director:
Kazuhiko Yashima

NOC/NPC Relations & Services Director:
Toru Kobayashi
email: noc.svc@tokyo2020.jp

Gymnastics Sport Manager:
Koichi Endo
email: koichi.endo@tokyo2020.jp

International Olympic Committee (IOC)

The International Olympic Committee was created on 23 June 1894. Less than two years later, on 6 April 1896, the first Olympic Games of the modern era opened in Athens, and the Olympic Movement has not stopped growing ever since. The Olympic Movement encompasses organisations, athletes and other persons who agree to be guided by the principles of the Olympic Charter. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, in a spirit of friendship, solidarity and fair play.

International Olympic Committee

Chateau de Vidy
CH-1007 Lausanne
Switzerland
Tel: +41 21 621 6111
Fax: +41 21 621 6216
URL: www.olympic.org

President:
Thomas Bach

**Chairman of the Coordination
Commission for the Games of
the XXXII Olympiad:**
John Coates

**Olympic Games Executive
Director:**
Christophe Dubi

Sports Director:
Kit McConnell

NOC Relations Director:
James Macleod

International Gymnastics Federation (FIG)

The International Gymnastics Federation (Fédération Internationale de Gymnastique in the original French) was founded in 1881 in Belgium and is the oldest international sporting federation in the world. Originally known as the European Gymnastics Federation (Fédération Européenne de Gymnastique), FIG took its current name when non-European countries were first admitted into the organisation in 1921. As the international governing body for Gymnastics, the federation aims to assist in the development of the sport at all levels. Currently 147 national member associations are affiliated to FIG, with 50 million amateur gymnasts around the world and approximately 16,600 licensed athletes competing at world level.

International Gymnastics Federation

Avenue de la Gare 12A
CH-1003 Lausanne
Switzerland
Tel: +41 21 321 5510
Fax: +41 21 321 5519
email: info@fig-gymnastics.org
URL: www.gymnastics.sport

President:
Morinari Watanabe

Secretary General:
Nicolas Buompane

Japan Gymnastics Association (JGA)

The All Japan Gymnastics Association was founded on 13 April 1930 and the Japan Artistic Gymnastics Association was established in October 1939. In January 1942 the two organisations were integrated into the Dai-Nippon Taiikukai Taiso-bu (Greater Japan Physical Education Association), and four years later the Japan Gymnastics Association (JGA) was founded. On 30 May 1970 it became officially recognised as an independent association. Japan ranks third among Olympic medal-winning NOCs in Artistic Gymnastics behind the Soviet Union (URS) and USA.

Japan Gymnastics Association

4-2 Kasumigaokamachi
Shinjuku-ku Tokyo
Japan
Tel: +81 3 6455 4037
email: jga@jpn-gym.or.jp
URL: www.jpn-gym.or.jp

President:
Hidenori Futagi

Managing Director:
Norifumi Yamamoto

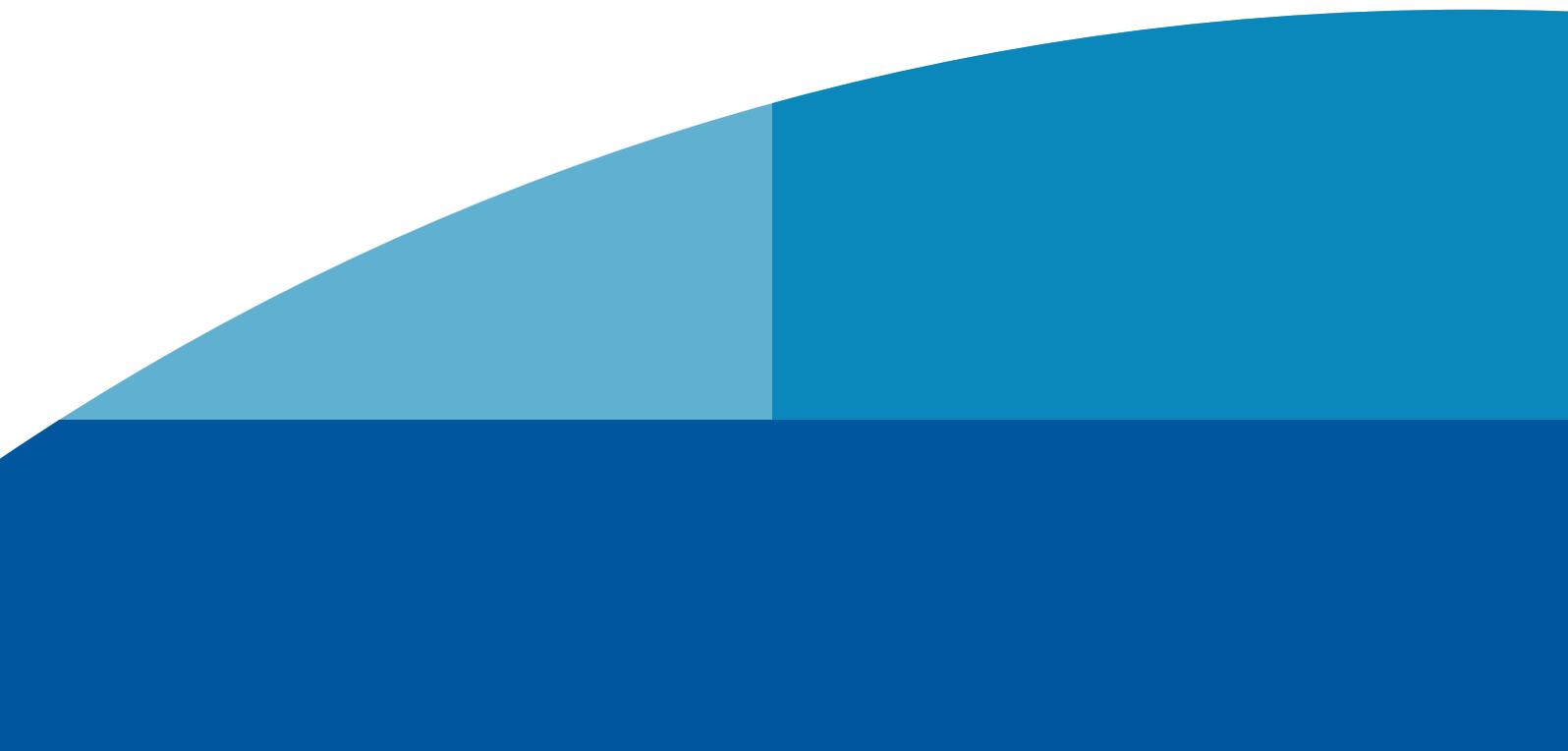
Venue		Sports/Discipline	22 Jul Wed -2	23 Jul Thu -1	24 Jul Fri 0	25 Jul Sat 1	26 Jul Sun 2	27 Jul Mon 3	28 Jul Tue 4	29 Jul Wed 5	30 Jul Thu 6	31 Jul Fri 7	1 Aug Sat 8	2 Aug Sun 9	3 Aug Mon 10	4 Aug Tue 11	5 Aug Wed 12	6 Aug Thu 13	7 Aug Fri 14	8 Aug Sat 15	9 Aug Sun 16	
Ariake Gymnastics Centre	Gymnastics	Artistic Gymnastics						🏅	🏅	🏅	🏅			🏅	🏅	🏅						
		Rhythmic Gymnastics																			🏅	🏅
		Trampoline Gymnastics											🏅	🏅								
Ariake Urban Sports Park	Cycling	BMX Freestyle												🏅								
		BMX Racing										🏅										
	Skateboarding	Street					🏅	🏅														
		Park																🏅	🏅			
Ariake Tennis Park	Tennis										🏅	🏅	🏅									
Odaiba Marine Park	Aquatics	Marathon Swimming															🏅	🏅				
	Triathlon							🏅	🏅				🏅									
Shiokaze Park	Volleyball	Beach Volleyball																		🏅	🏅	
Aomi Urban Sports Park	Basketball	3x3 Basketball								🏅												
	Sport Climbing																		🏅	🏅		
Oi Hockey Stadium	Hockey																	🏅	🏅			
Sea Forest Cross-Country Course	Equestrian	Eventing [cross-country]																				
Sea Forest Waterway	Canoe	Sprint														🏅		🏅		🏅		
	Rowing								🏅	🏅	🏅	🏅										
Kasai Canoe Slalom Centre	Canoe	Slalom					🏅	🏅		🏅	🏅											
Yumenoshima Park Archery Field	Archery					🏅	🏅	🏅				🏅	🏅									
Tokyo Aquatics Centre	Aquatics	Swimming					🏅	🏅	🏅	🏅	🏅	🏅	🏅									
		Diving					🏅	🏅	🏅	🏅				🏅		🏅		🏅			🏅	
		Artistic Swimming																🏅			🏅	

Venue		Sports/Discipline		22 Jul Wed -2	23 Jul Thu -1	24 Jul Fri 0	25 Jul Sat 1	26 Jul Sun 2	27 Jul Mon 3	28 Jul Tue 4	29 Jul Wed 5	30 Jul Thu 6	31 Jul Fri 7	1 Aug Sat 8	2 Aug Sun 9	3 Aug Mon 10	4 Aug Tue 11	5 Aug Wed 12	6 Aug Thu 13	7 Aug Fri 14	8 Aug Sat 15	9 Aug Sun 16	
Tatsumi Water Polo Centre	Aquatics	Water Polo																				🏆	🏆
Makuhari Messe Hall A	Wrestling	Freestyle Greco-Roman														🏆	🏆	🏆	🏆	🏆	🏆	🏆	
	Taekwondo					🏆	🏆	🏆	🏆														
Makuhari Messe Hall B	Fencing					🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆									
Tsurigasaki Surfing Beach	Surfing *										🏆	*	*	*	*								
Saitama Super Arena	Basketball	Basketball																				🏆	🏆
Asaka Shooting Range	Shooting	(Rifle & Pistol)				🏆	🏆			🏆			🏆	🏆		🏆							
		(Shotgun)							🏆				🏆		🏆								
Kasumigaseki Country Club	Golf														🏆							🏆	
Enoshima Yacht Harbour	Sailing													🏆	🏆	🏆	🏆	🏆					
Izu Velodrome	Cycling	Track														🏆	🏆	🏆	🏆	🏆	🏆	🏆	🏆
Izu MTB Course	Cycling	Mountain Bike							🏆	🏆													
Fuji International Speedway	Cycling	Road (Road Race [Finish], Individual Time Trial)				🏆	🏆				🏆												
Fukushima Azuma Baseball Stadium	Baseball/Softball	(Baseball)																					
		(Softball)																					
Yokohama Baseball Stadium	Baseball/Softball	(Baseball)																				🏆	
		(Softball)								🏆													
Sapporo Dome	Football																						
Miyagi Stadium	Football																						
Ibaraki Kashima Stadium	Football																						
Saitama Stadium	Football																						
International Stadium Yokohama	Football																					🏆	

* Surfing Festival will be held from Day 2 to Day 9. Starting from 26 July, the schedule will depend on the wave conditions.

5

Maps for Gymnastics

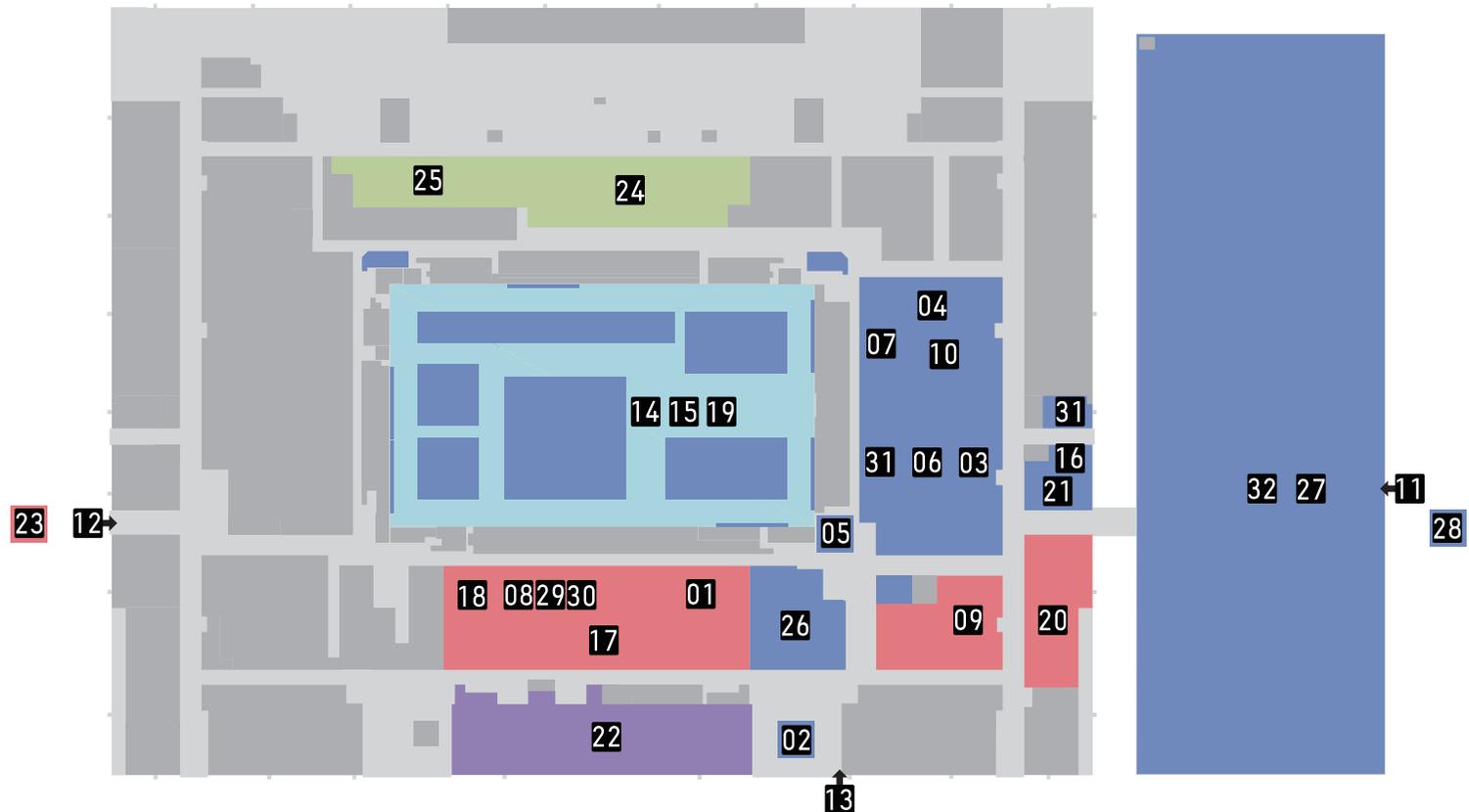


Level0

Gymnastics Ariake Gymnastics Centre

LEGEND

- 01** Appeal and Jury Room
- 02** Athlete Ambulance Parking
- 03** Athletes' Lounge
- 04** Athletes' Medical Room
- 05** FOP Athletes' Staging Area
- 06** Athletes' Changing Rooms
- 07** Chaperone Waiting Room
- 08** Competition Management
- 09** Competition Management Working Area
- 10** Doping Control Station
- 11** Entrance/Exit (Athletes)
- 12** Entrance/Exit (Dignitaries)
- 13** Entrance/Exit (Technical Officials)
- 14** Field of Play (FOP)
- 15** FOP Medical Desk
- 16** Ice Machine
- 17** IF Lounge
- 18** IF Office
- 19** Inquiry Desk
- 20** ITO/NTO Lounge and Working Area
- 21** Massage Area
- 22** Olympic Family Lounge
- 23** P1 Loading Area (Dignitaries and TF, Technical Officials)
- 24** Press Conference Room
- 25** Press Mixed Zone
- 26** Sport Equipment Storage
- 27** Sport Information Desk
- 28** TA Loading Area (Athletes)
- 29** Technical Committee Room 1
- 30** Technical Committee Room 2
- 31** Toilet (w/Accessible Toilet)
- 32** Warm-up Area



Olympic Games Venue Master Plan as of February 2019

HERITAGE ZONE

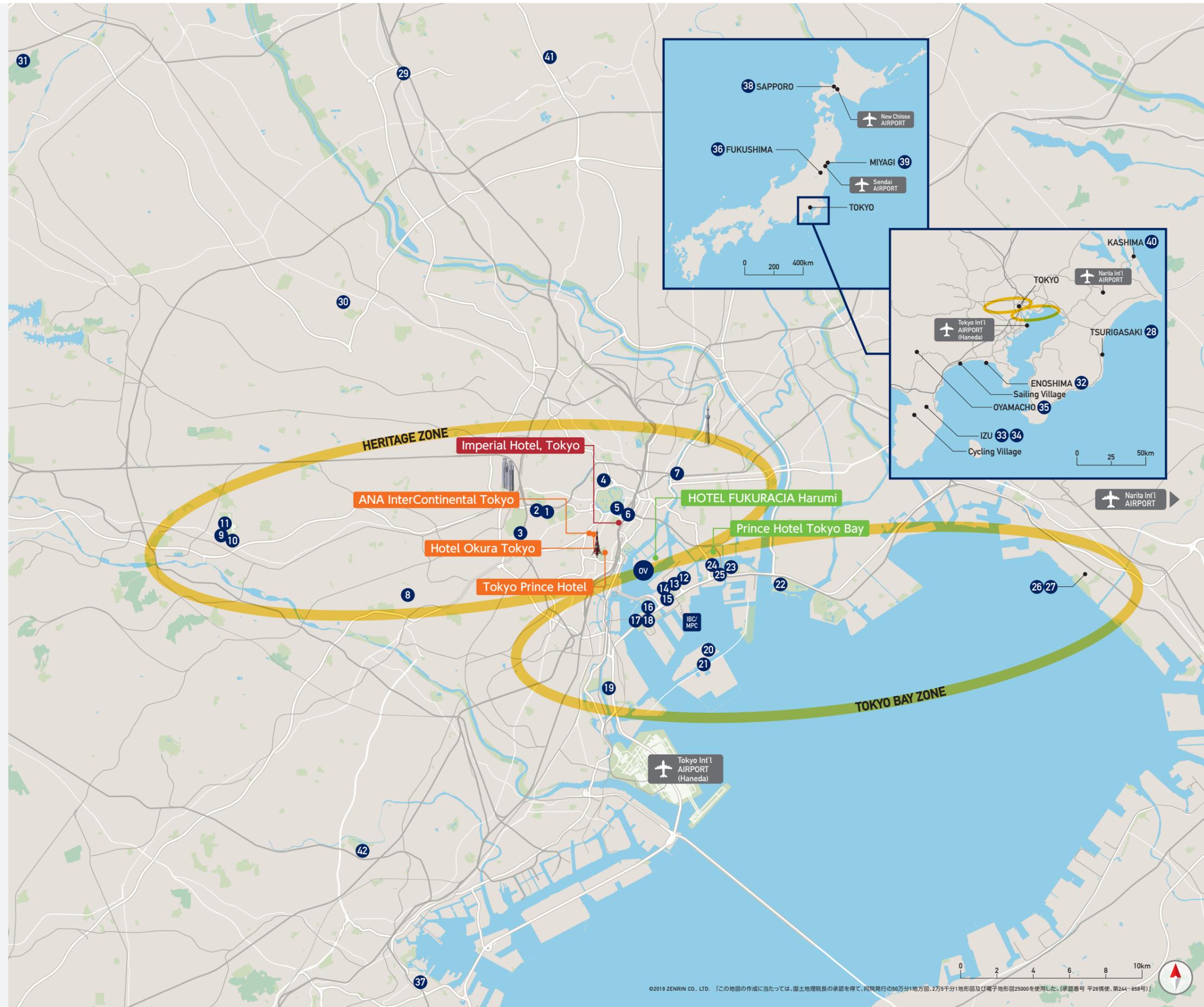
- 1 Opening and Closing Ceremonies Olympic Stadium
- 1 Athletics Olympic Stadium
- 1 Football Olympic Stadium
- 2 Table Tennis Tokyo Metropolitan Gymnasium
- 3 Handball Yoyogi National Stadium
- 4 Judo Nippon Budokan
- 4 Karate Nippon Budokan
- 5 Athletics (Race Walk) Imperial Palace Garden
- 6 Weightlifting Tokyo International Forum
- 7 Boxing Kokugikan Arena
- 8 Equestrian (Dressage) Equestrian Park
- 8 Equestrian (Eventing) Equestrian Park
- 8 Equestrian (Jumping) Equestrian Park
- 9 Badminton Musashino Forest Sport Plaza
- 9 Modern Pentathlon Musashino Forest Sport Plaza
- 10 Football Tokyo Stadium
- 10 Rugby Tokyo Stadium
- 10 Modern Pentathlon Tokyo Stadium
- 11 Cycling (Road) Musashinomori Park

TOKYO BAY ZONE

- 12 Volleyball (Volleyball) Ariake Arena
- 13 Gymnastics Ariake Gymnastics Centre
- 14 Cycling (BMX Freestyle) Ariake Urban Sports Park
- 14 Cycling (BMX Racing) Ariake Urban Sports Park
- 14 Skateboarding Ariake Urban Sports Park
- 15 Tennis Ariake Tennis Park
- 16 Aquatics (Marathon Swimming) Odaiba Marine Park
- 16 Triathlon Odaiba Marine Park
- 17 Volleyball (Beach Volleyball) Shiokaze Park
- 18 3x3 Basketball Aomi Urban Sports Park
- 18 Sport Climbing Aomi Urban Sports Park
- 19 Hockey Oi Hockey Stadium
- 20 Equestrian (Eventing (Cross Country)) Sea Forest Cross-Country Course
- 21 Canoe (Sprint) Sea Forest Waterway
- 21 Rowing Sea Forest Waterway
- 22 Canoe (Slalom) Kasai Canoe Slalom Centre
- 23 Archery Yumenoshima Park Archery Field
- 24 Aquatics (Swimming) Tokyo Aquatics Centre
- 24 Aquatics (Diving) Tokyo Aquatics Centre
- 24 Aquatics (Artistic Swimming) Tokyo Aquatics Centre
- 25 Aquatics (Water Polo) Tatsumi Water Polo Centre
- 26 Taekwondo Makuhari Messe Hall A
- 26 Wrestling Makuhari Messe Hall A
- 27 Fencing Makuhari Messe Hall B

OTHER VENUES

- 28 Surfing Tsurigasaki Surfing Beach
- 29 Basketball (Basketball) Saitama Super Arena
- 30 Shooting Asaka Shooting Range
- 31 Golf Kasumigaseki Country Club
- 32 Sailing Enoshima Yacht Harbour
- 33 Cycling (Track) Izu Velodrome
- 34 Cycling (Mountain Bike) Izu MTB Course
- 35 Cycling (Road) Fuji International Speedway
- 36 Baseball/Softball Fukushima Azuma Baseball Stadium
- 37 Baseball/Softball Yokohama Baseball Stadium
- 38 Football Sapporo Dome
- 39 Football Miyagi Stadium
- 40 Football Ibaraki Kashima Stadium
- 41 Football Saitama Stadium
- 42 Football International Stadium Yokohama

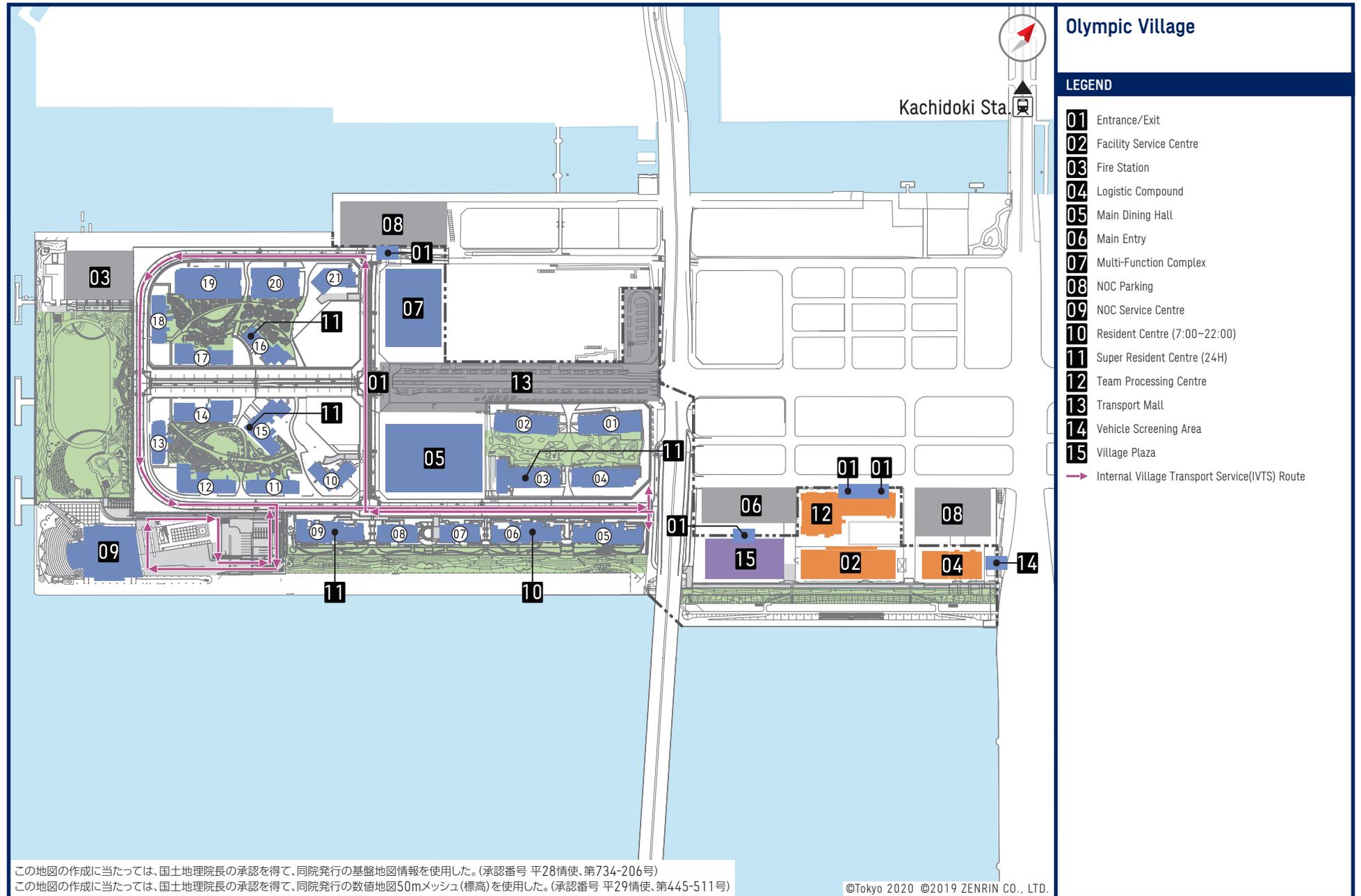


- OV Olympic Village
- IBC/MPC IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)
- 00 Competition Venue
- Dignitaries
- OFH
- ATO

- ### Road Network
- Motorway
 - Major urban arterial network

- ### Rail Lines
- Japan railway
 - Private railway

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Tokyo 2020 Olympic Gold Partners



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