

**European
Rope Skipping
Championships
Norway 2026**

GOOD TO KNOW



- 1. Convention Center South
- 2. Festival Square
- 3. Convention Center North
- 4. Hotel apartments (1600)
- 5. Soccer pitches (2x6400 m²)

- 6. Oslofjord Arena
- 7. Oslofjord Hotel
- 8. Golf course nearby
- 9. Garden City
- 10. Beach and Marina

When you arrive



- **If you are staying at Oslofjord Convention Center**

- Oslofjord Convention Center will send an e-mail with information app. one week before arrival.
Please follow the instructions in the e-mail to check in to your accommodation using a digital key on your phone.

- **To get your accreditation (and goodie bag)**

- Participants can pick up their event accreditation in the CCS lobby (ticket counter) at the following times:
 - August 9th at 18:00-20:30.
 - August 10th at 10:00-12:30 and 16:00-18:30.
 - Participants arriving later: accreditations will be handed over to Head of Delegations.
- Athletes should bring their passport/ID when they get their accreditation for Competition Identity check.
There will be additional times for Competition Identity Check during the week.
- Goodie bags will be handed out where you pick up your accreditation. T-shirts are handed over to the NGB.

- **Information booth**

- There is no central information booth during the event, but additional information can be found in the Oslofjord Convention Center App.
- For competition related information we will also have a central HoD WhatsApp group.



Food & Drinks

- For participants staying at Oslofjord Convention Center
 - **Where:** Breakfast, lunch and dinner is served in: 'Oasis' in the CCS.
 - All participants that booked accommodation will be given food vouchers upon arrival. Food vouchers will be sorted by apartment.
 - Meal **times:**

	August 9	August 10	August 11	August 12	August 13	August 14	August 15	August 16	August 17	August 18
Breakfast		06:30-10:00	06:30-10:00	06:30-10:00	06:30-10:00	06:30-10:00	07:30-10:00	06:30-10:00	06:30-10:00	06:00-09:00
Lunch		12:00-15:00	12:00-15:00	12:00-15:00	12:00-15:00	11:30-14:30	12:00-15:00	12:00-15:00	12:00-15:00	
Dinner	18:00-20:30	17:00-19:00	18:00-20:30	18:00-20:30	17:30-20:00	18:00-20:30	During Farewell Party, 19:00-	18:00-20:30	18:00-20:30	

Food & Drinks



- If you are staying at Oslofjord Convention Center all apartments have a small kitchen with a fridge, stove, kettle and more that you can use to prepare food.
- Can I drink the water from the tap?
 - Yes, in Norway you can drink the water directly from the tap – and it is often better than water from the supermarket. So just go ahead and fill your water bottle.
- Where can I but food and drinks at Oslofjord Convention Center?

	August 9	August 10	August 11	August 12	August 13	August 14	August 15	August 16	August 17	August 18
CCS: Oslofjord Shop (mini shop with milk, bread and simple food, ice cream, snacks)	Closed	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00
CCS: Mocca (coffee, drinks, cakes)	Closed	08:00-21:00	08:00-21:00	08:00-21:00	08:00-21:00	08:00-21:00	08:00-21:00	08:00-21:00	08:00-21:00	Closed
Kiosk outside CCS (waffles, hot dogs, poke bowl, ice cream)	Closed	10:00-21:00	10:00-21:00	10:00-21:00	10:00-21:00	10:00-21:00	10:00-21:00	10:00-21:00	10:00-21:00	Closed
Arena: Vending machines (snacks, drinks)	Closed	07:00-17:00	07:00-17:00	07:00-17:00	07:00-17:00	07:00-17:00	07:00-17:00	07:00-17:00	07:00-17:00	Closed
Hotel: Lobby bar (Starbucks and bar)	09:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-23:00	12:00-01:00	12:00-01:00	12:00-23:00	12:00-23:00	12:00-20:00
Hotel: Hotel restaurant*	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	18:00-22:00	Closed

* [Tablereservation at Hotel Restaurant](#)

Practice

- Athletes can practice in Oslofjord Arena.
- The practice hall is open August 10-16 from 09:00-17:00.
- The size of the practice hall is app. 20x40m.
- Please bring your own speaker if you need music.
- The Oslofjord Arena is open to everybody, and you don't have to book time in advance.





Access to the competitions as spectator

- All participants with a package have free access to watch the competitions from the spectator's area in Convention Center South (CCS) on the days they have a package.
- Participants with a package should use the normal spectator entrance to enter the spectator's area.
- Athletes that are in the warm-up (CCN) and want to watch their teammates can enter directly from the warm-up.
- Participants need to buy a normal spectator ticket on the days they don't have a package if they want to watch the competitions.
- Spectators can buy tickets here: [Ticket Sales](#)

Opening ceremony



- The Opening Ceremony will take place on August 10 at 19:00-20:00.
- Athletes should meet to line up at 18:40 (the latest) at the Festival Square (outside).
- Please wear your national uniform.
- All NGB's must choose one flag bearer.
- All participants can participate in the Opening Ceremony.

Farewell party

- When: The EC2026 Farewell Party will take place on August 15 from 19:00 after DDCE.
- Where: Festival Square (outside).
- Dinner will be served during the Farewell Party and there will be music and social activities. No dress code.



Meetings



- **Coaches/HoD meetings**

- August 10 – 17:40-18:20 in 'Melsomvik' meeting room in CCN
 - Max. 3 persons per country
 - General information
- Every morning: 30 minutes before competition starts on the competition floor
 - Max. 3 persons per country
 - Daily updates if any

- **Judges meetings**

- Every day: before competition starts in the morning/afternoon in the judge's room 'Melsomvik' in CCN.
 - Check-in times is 45 minutes before the start of the competition in the morning and afternoon. Meeting is 30 minutes before the start of the competition in the morning/afternoon session.
 - All assigned judges, alternates, replay judges and judge support/data entry for the upcoming session should attend the meeting.

Competition start and breaks

- **Start of the competition days and sessions**

- We will begin lining athletes up prior to the listed start time for the event. This will allow the competition to start as soon as all personnel are in place. Please be ready on time!

- **Breaks**

- The Tournament Staff is aware of the tight schedule especially for athletes that are competing in multiple events. We will always try to make sure to have breaks between events (especially speed).
- Breaks between speed events will be app. 5-10 minutes. We have added in additional time to the speed time blocks to allow for breaks between events. Please refer to the schedule for the updates and note that the schedule is subject to change.
- Please be prepared with the ropes you will need to switch between events.
- Due to limited number of entries in EOT athletes competing in the EOT should not expect to have a great deal of downtime between speed events if they are in multiple EOT events on the same day.
- During freestyle we will take a 10-minutes judges break app. every 30 heats. There will also be a break between the different freestyle events (e.g. SRPF and SRTF) in a session.



Schedule

SUBJECT TO CHANGE

August 9

18:00-20:30 Dinner

August 10

06:30-10:00 Breakfast

08:45-18:00 EC and JEC Floor/music check

12:00-15:00 Lunch

17:00-19:00 Dinner

17:40-18:20 Coaches meeting

18:40 Athletes line up for Opening

19:00-20:00 Opening Ceremony

August 11

06:30-10:00 Breakfast

09:00 EC SRSR Q

09:35 EC SRDR Q

10:10 EC DDSR Q

10:45 EC DDSS Q

11:35 EC SRIF Q

12:00-15:00 Lunch

14:30 EC SRPF Q

16:35 EC SRTF Q

18:00 EC WHPF Q

18:00-20:30 Dinner

August 12

06:30-10:00 Breakfast

09:00 EC SRSS Q

09:20 JEC SRSE

09:55 EC SRSE Q

10:30 JEC SRSS

10:55 EC SRTU Q

11:50 JEC SRIF

13:40 Medal ceremony JEC SRSS, SRSE

12:00-15:00 Lunch

14:30 JEC WHPF

15:00 Medal ceremony JEC SRIF, SRIO, WHPF

15:50 EC DDSF Q

17:45 EC DDPF Q

19:00 Medal ceremony EC OA

18:00-20:30 Dinner

19:45-21:45 Team Show Floor/music check

August 13

06:30-10:00 Breakfast

09:00 JEC SRSR

09:25 JEC SRDR

09:50 JEC DDSR

10:15 JEC DDSS

10:55 JEC DDSF

12:05 JEC DDPF

12:55 Medal ceremony JEC Team Speed

12:00-15:00 Lunch

14:15 JEC SRPF

15:40 JEC SRTF

16:30 Medal ceremony JEC Team Freestyle, OA

17:30-20:00 Dinner

19:00 EC Team Show

20:20 Medal ceremony Team Show



Schedule

SUBJECT TO CHANGE

August 14

06:30-10:00 Breakfast
09:00 ERSO AGM + 'Future EC'-meeting
09:00-09:30 Finals Walk Through
09:30-11:30 EOT floor/music check
11:30-14:30 Lunch
12:30-17:10 EC Finals
18:00-20:30 Dinner
18:00-20:00 DDCE floor/music check

August 15

07:30-10:00 Breakfast
10:30-15:50 EC Finals
12:00-15:00 Lunch
16:15 DDCE
19:00 Dinner and Farewell party
19:00-21:00 EOT floor/music check

August 16

06:30-10:00 Breakfast
09:30 EOT SRSS
09:55 EOT SRSE
10:40 EOT SRTU
11:20 EOT SRSR
11:45 EOT SRDR
12:10 EOT DDSR
12:35 EOT DDSS
12:55 Medal ceremony EOT SRSS, SRSE
12:00-15:00 Lunch
14:00 Medal ceremony EOT Team Speed, SRTU
15:20 EOT SRPF
16:20 EOT SRTF
17:10 EOT WHPF
17:55 Medal ceremony EOT SRPF, SRTF, WHPF
18:00-20:30 Dinner

August 17

06:30-10:00 Breakfast
09:00 EOT SRIF
10:40 EOT DDSF
11:45 EOT DDPF
12:40 Medal ceremony EOT SRIF, DDSF, DDPF
12:00-15:00 Lunch
18:00-20:30 Dinner

August 18

06:00-09:00 Breakfast



Schedule - Finals



FRIDAY AUGUST 14 2026 - FINALS DAY 1	
12:30-16:50	
SRSR	female
SRSR	mixed
SRSR	male
SRIF	female
DDPF	male
DDPF	mixed
SRDR	female
SRDR	male
SRDR	mixed
MC SRSR	M/Mi/F
BREAK	
SRSS	male
DDSF	female
DDSF	mixed
DDSF	male
SRSE	female
MC SRDR	M/Mi/F
WHPF	male
DDPF	female
MC SRSE	female
MC SRSS	male

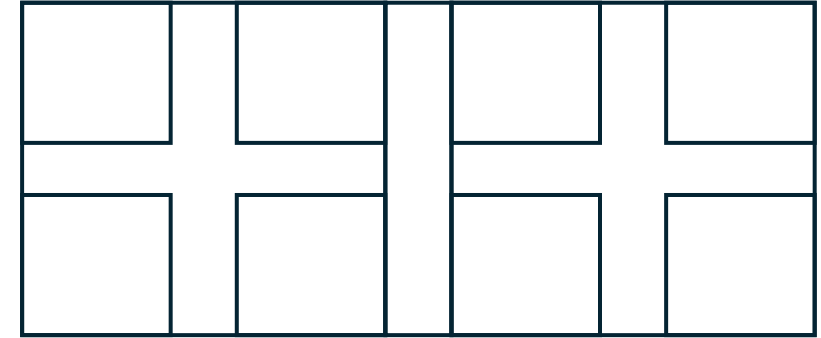
SATURDAY AUGUST 15 2026 - FINALS DAY 2	
10:30-15:45	
SRIF	male
DDSR	female
DDSR	mixed
DDSR	male
WHPF	female
SRTF	mixed
SRTU	female
SRTF	male
SRPF	female
MC DDSR	Mi/M/F
BREAK	
DDSS	mixed
DDSS	male
DDSS	female
SRPF	mixed
SRTU	male
SRTF	female
SRPF	male
MC DDSS	Mi/M/F
WHPF	mixed
SRSE	male
SRSS	female
BREAK	
MC SRTU	male/female
MC SRSE	male
MC SRSS	female

SATURDAY AUGUST 15 2026 - DDCE	
16:15-18:35	
DDCE Speed	Any
DDCE Performance	Any

SUBJECT TO CHANGE

Competition Floor Layout

- Speed (Station 1-8) (5x5 m)
 - EC/JEC: 8 speed stations
 - EOT: 6 speed stations
 - DDCE: 4 speed stations
- Freestyle (Station A, B) (12x12 m)
 - 2 freestyle floors next to each other;
Will not run simultaneously but will run alternately.
 - In EC Finals there will be one freestyle floor in the middle
- Team Show
 - 16x24 meters, with the possibility to place ropes outside if needed
- Coach's box: There will be a 1x1 m coach's box placed in the corner outside of each speed/freestyle station. There can be a maximum of 2 persons in each coach's box. The persons need to stay completely inside the box and can not step outside the lines.



Floor and music check

- Time per NGB based on number of freestyles.
- There might not be enough time to test all music on the floor, there will be a separate place to test the remaining music.
- **Please send a music list (including entry numbers, type freestyle, athlete names) to ec@erso.info by August 8th**
- How it works for EC, JEC, EOT: Access to both freestyle floors but only one sound system (floor A).
Teams can start warm-up on floor B 15 minutes before time on floor A – means that previous team must stop on floor B 15 minutes before final end-time.
- August 10, 08.45-18.00 – EC and JEC
- August 12, 19.45-21.45 – Team Show
- August 14, 09.30-11.30 – EOT
- August 14, 18.00-20.00 – DDCE
- August 15, 19.00-21.00 – EOT



K Floor and music check

- Schedule for August 10th (EC and JEC)

	Floor A	Floor B
Denmark	9:00-9:40	08:45-09:25
Hungary	9:40-10:45	09:25-10:30
Germany I	10:45-11:50	10:30-11:35
Belgium I	11:50-12:35	11:35-12:20
Austria	12:35-12:55	12:20-12:40
Switzerland	12:55-13:10	12:40-12:55
Sweden	13:10-13:55	12:55-13:40
Israel, Italy, Norway, Netherlands	13:55-14:15	13:40-14:00
Belgium II	14:15-15:05	14:00-14:50
France	15:05-16:00	14:50-15:45
Czechia	16:00-16:40	15:45-16:25
Portugal	16:40-17:25	16:25-17:10
Germany II	17:25-18:00	17:10-17:45

SUBJECT TO CHANGE



K Floor and music check

- Schedule for August 12th (Team Show)

	Competition floor
Hungary	19:45-20:05
Portugal	20:05-20:25
Germany	20:25-20:45
Belgium	20:45-21:05
Czechia	21:05-21:25



K Floor and music check

- Schedule for August 14th (EOT)

	Floor A	Floor B
Germany	9:30-10:05	9:15-9:50
Hungary	10:05-10:25	9:50-10:10
Slovakia	10:25-10:30	10:10-10:15
Denmark	10:30-10:50	10:15-10:35
Austria	10:50-11:00	10:35-10:45
Czechia	11:00-11:30	10:45-11:15

- Schedule for August 15th (EOT)

	Floor A	Floor B
Germany	19:15-19:40	19:00-19:25
Denmark	19:40-20:00	19:25-19:45
Austria	20:00-20:05	19:45-19:50
Sweden	20:05-20:10	19:50-19:55
Hungary	20:10-20:35	19:55-20:20

SUBJECT TO CHANGE



Reminder rules

- **Team Show broken rope clarification**

- Broken rope rule does not apply to Team Show.
- Team shows can bring additional ropes onto the floor in case a rope breaks, but a team will not be given a re-jump if a rope breaks in team show.

- **WHPF**

- The athletes are judged as athlete A and athlete B.
- The athletes may themselves provide a clear marker to separate the athletes, such as different shirt color, or wide arm-band or colored tape on the shoe/sleeve of one of the athlete.

The event organizer will also provide colored tape to mark the athlete. Athlete A will be the athlete with the designated marker.



Award Ceremony Guidelines

Award ceremonies will take place throughout the competition with different procedures for EC, JEC and EOT

- **JEC and EOT**

- The award ceremonies will take place during the competition days
- The award ceremony timetable will be included in the program but may change due to operational factors like appeals, finalizing scores, and time constraints. Any changes will be communicated to the head of delegation (HOD).
- When the results are finalized, the HOD will be informed.
Athletes who place 1st, 2nd, or 3rd should proceed to the award presentation area.
- Procedure EOT: Athletes will be organized by age division and gender, lining up from 3rd to 1st. They will be awarded individually, then escorted to the competition floor for public recognition and a photo. No national anthems will be played.
- Procedure JEC: Athletes will be organized by gender, lining up from 3rd to 1st. Athletes are then escorted to the podium where they will be awarded. The national anthem of the 1st place country will be played, followed by a photo.





Award Ceremony Guidelines

- **EC + Team Show and DDCE**

- EC Events: Awards are given only to 1st-3rd place finishers in the final competition. No medals are awarded for the qualifying events.
 - Speed events: Follow the JEC process above.
 - Freestyle events: Awards are presented directly from the winner's lounge, with athletes called to the podium for recognition and celebration. The national anthem of the 1st place country will be played, followed by a photo.
- EC Individual and Team Overall: Awards will be given after the qualifying events. Follow the JEC process. The national anthem of the 1st place country will be played, followed by a photo.
- Team Show: Awards will be awarded after the competition. Follow the JEC process. The national anthem of the 1st place country will be played, followed by a photo.
- DDCE: Awards will be awarded after the competition. The national anthem of the 1st place country will be played, followed by a photo.



EC26