



17th International “Loulé Cup” Competition
Loulé, Portugal
31st October to 2nd November 2024



DIRECTIVES

**INDIVIDUAL TRAMPOLINE,
DOUBLE MINI TRAMPOLINE and TUMBLING
(Individual and Teams)
U13 and 13-14**

Please find herein below the Invitation letter and the directives:

DISCIPLINE	Trampoline Double Mini-Trampoline Tumbling
HOST FEDERATION	Federação de Ginástica de Portugal Estrada da Luz, nº 30A 1600-159 Lisboa / Portugal Tel: +351 21 814 1145 Fax: +351 21 814 2950 e-mail: federacao@ginastica.org / teresa.loureiro@ginastica.org website: www.ginastica.org
LOCAL ORGANIZING COMMITTEE	APAGL - Loulé Cup Rua da Marroquia, 30 8100-684 Loulé, Portugal Technical Director: Fábio Viegas/ Rute Simão LOC: Marta Martins / Mário Dias Mobile: +351 932895679 / +351 918562781 E-mail: loulecup.apagl@gmail.com Website: www.apagl.pt
LOCATION	Loulé Municipal Sport Centre Professor Joaquim Vairinhos 8100-760 Loulé – Portugal
DATE	31st October to 2nd November 2024
VENUE	Loulé Municipal Sport Centre Professor Joaquim Vairinhos 8100-760 Loulé – Portugal
APPARATUS SUPPLIED	Please refer to the attached apparatus list.
PROVISIONAL SCHEDULE	Wednesday, 30th October All Day – Arrival of Delegations. Free training – 14:00 – 22:00 Thursday, 31st October Free training – 08:00 – 12:00



	<p>Handing of competition cards Head of Delegation Meeting TR, DMT and TU Judges Meeting Qualifying Rounds – TRI/DMT/TUM</p> <p>Friday, 1st November Qualifying Rounds – TRI/DMT/TUM Finals</p> <p>Saturday, 2nd November Teams Finals – TRI/DMT/TUM 12.00h - Teams Award Ceremony Individual Finals – TRI/DMT/TUM 19.00h - Individual Award Ceremony</p> <p>Closing Ceremony 21h30 – Banquet and Final Party</p> <p>Sunday, 3rd November All day – Departure of Delegations</p>
<p>RULES AND REGULATIONS</p>	<p>The event will be organized under the following FIG rules, as valid in the year of the event, with the exceptions foreseen in the present regulation.</p> <ul style="list-style-type: none"> ○ Statutes ○ Code of Ethics ○ Code of Conduct ○ Technical Regulations ○ Code of Discipline ○ Code of Points and relevant Newsletters ○ General Judges' Rules ○ Specific Judges' Rules for Trampoline Gymnastics ○ Anti-Doping Rules ○ Medical Organization of FIG Competitions and Events ○ FIG Framework for safeguarding athletes and other participants from harassment and abuse in sport during events ○ License Rules ○ Media Rules ○ Apparatus Norms ○ Rules for Sanctioning (approval) of International Events ○ Advertising and Publicity Rules ○ Regulations for Award Ceremonies ○ Accreditation Rules ○ <i>and subsequent decisions of the FIG Executive Committee</i> <p><u>SPECIFIC RULES</u> Individual Trampoline, Double Mini-Trampoline and Tumbling – WAGC rules</p>
<p>FEDERATIONS INVITED</p>	<p>Loulé Cup is an international event, open to all clubs affiliated in the respective Federations as well as Representatives of National Federations, District or Regional associations.</p>



AGE LIMITS	Individual Trampoline * Double Mini Trampoline * Tumbling U13 – born in 2012 and after 13-14 – born in 2010 or 2011
ENTRY FEES	The cost for the entry fee is € 20 (twenty euros) per gymnast per class. Entries will be considered on a first come first served basis.
EVENT FORMAT	<p>Each gymnast can only participate in one group in each apparatus.</p> <p>Difficulty limits</p> <p>Individual Trampoline U13 and 13-14(Male/Female) – * 10 different technical elements; * 5 elements with minimum 270° somersault.</p> <p>Double Mini Trampoline *13-14 years – One skill must have at least 360° of somersault rotation.</p> <p>Tumbling *U13 – No twisting or salt pass. The last element of all the routines must end with a 360° somersault with or without twist *13-14 years – No twisting or salt pass. The last element of all the routines must end with a 360° somersault with or without twist.</p> <p>FINALS – Individual The competitors with 8 (eight) best totals of the two executed routines in the qualifying rounds in the different classes, will participate in the final. In the case of less than 8 competitors, all of them will go to the finals. No competitor will go through to the final with a DNS, DNF or DSQ. All Finals starts from zero.</p> <p>FINALS - Team Team Competition format will be defined in the Workplan. Includes all ages and apparatus.</p>
INSURANCE	The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The Local Organizing Committee will verify the insurance upon arrival of the Delegation Members (e.g. cover note or photocopy of the valid policy). Delegation Members with insufficient insurance cover must inform the Local Organizing Committee in advance.
ACCREDITATION	Delegation accreditation will take place upon arrival. For accreditation, Heads of the Delegations are required to bring the following documents: <ul style="list-style-type: none"> • Passports of all members of the delegation; • Proof of total payments; • Proof of medical insurances; All financial obligations must be fulfilled before arrival or during the accreditation. Accreditation card is personal for each of the delegation members. Accreditation card wearing is required at all times of the tournament.



JUDGES AND JURIES	<p>It is compulsory that the participating Delegations bring 1 (one) judge for every 8 competitors.</p> <p>2-8 = 1 Judge 9-16 = 2 Judges 17-24 = 3 Judges 25 or more = 4 Judges</p> <p>The Clubs, Associations or Federations that present less judges than required by the established rules will be penalized with the payment of a fee of 50€/gymnast (Fifty Euros per gymnast) for each missing judge according to the previous threshold (e.g. if only one judge is indicated for 11 competitors, a fee of €150 Euros will be due). The non-payment of the penalization will imply the non-participation in the event of the respective competitors. All the judges indicated by the respective Clubs, Associations and Federations to the organization, will have to be present at the respective judges' meetings.</p> <p>Note: Transport, accommodation and meals of the judges of each delegation are of the respective delegations' responsibility.</p>
BANK ACCOUNT INFORMATION	<p>All payments must be made in euros, through bank transfer, to the following account:</p> <p>Account Name: ASSOC PAIS E AMIGOS DA GINÁSTICA DE LOULÉ Bank: Crédito Agrícola Agency: Loulé IBAN: PT50 0045 7211 40308094153 07 BIC/SWIFT: CCCMPTPL Reference: Loulé Cup 2024 (followed by the name of the Club, Association or Federation)</p> <p>Important Notes:</p> <ol style="list-style-type: none">1. All fees relating to the bank transfers are of the responsibility of the participating delegations.2. Until payment is made, entries will be considered as provisional, including accommodation and meals3. Proof of payment must be sent, with the respective identification, to: loulecup.apagl@gmail.com
VISA	<p>If any delegation require a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by e-mail (loulecup.apagl@gmail.com) as soon as possible, the list with the complete names of all the elements of the delegation, dates of birth and respective numbers and validity of passports</p>
WORKPLAN	<p>Detailed information about the competition will be sent to participating delegations the beginning of September.</p>
INTERNATIONAL TRANSPORTATION	<p>The members of the invited participants must pay for their international transportation.</p>

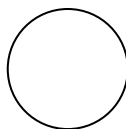


ACCOMMODATION, MEALS and LOCAL TRANSPORTATION	<p>The Organisers will arrange, at a determined fee, accommodation and meals (from 30st October to 2nd november).</p> <p>The costs is per person/night and includes (Package):</p> <ul style="list-style-type: none">- Room- Breakfast (Hotel) + lunch + dinner- Banquet and Final Party- Transportation from either Faro Airport or Loulé Railway station to the competition venue or hotel and back- Transportation from the hotel to the competition venue and back. <p>A - Hotel **** The costs in this hotel are as follows (the costs is per person/night): € 150 (single room) € 125 (double room)</p> <p>B - Hotel *** The costs in this hotel are as follows (the costs is per person/night): € 120 (single room) € 115 (double room) € 100 (triple room)</p> <p>C - Low Cost Hotel (breakfast will be served on the Sports Hall) The costs in this hotel are as follows (the costs is per person/night): € 95 (single room) € 75 (double or triple room)</p> <p>The hotel rooms will be allocated on a “first come, first serve” basis. At the time of the Definitive registration, 50% of the accommodation costs must be paid to the OC.</p>
ONLY MEALS	<p>Cost of each meal per person (Lunch and Dinner) – 13 euros Cost of each meal per person acquired on accreditation (Lunch or Dinner) – 17 euros Cost of banquet and final party per person – 30 euros Cost of banquet and final party acquired on accreditation - 40 euros</p>
CANCELTION POLICY	<p>Definitive entries will only be accepted with payment of: 100% of the amount of the entries (amount not refundable if the competition takes place); Cancellation of accommodation after 8th September 2024 is not refundable.</p>
SOCIAL MEDIA	<p>The competition will be filmed and broadcasted in live streaming. All participants automatically consent the use of photos and videos to LOC. Home-page: www.apagl.pt Instagram: https://www.instagram.com/loulecup/</p>
MEDICAL SERVICES	<p>The Organizing Committee will provide a first aid medical service and emergency medical transportation in the competition / training area during the whole competition.</p>
SERVICES	<p>For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.</p>
OFFICIAL HOSPITAL	<p>Centro Hospitalar Universitário do Algarve - Hospital de Faro R. Leão Penedo 8000-386 Faro</p>



COVID-19	All Federations / District or Regional Associations are invited to take information about special requirements and restrictions to enter in Portugal for their respective countries. In due time the LOC will provide all participating delegations a detailed Covid-19 guidelines.																					
DEADLINES	<table border="1"> <tr> <td data-bbox="389 412 963 645">Declaration of Interest All Delegations that send their Provisional Registration (Declarations of Interest) until the defined date will get a 10% discount on the entries.</td> <td data-bbox="970 412 1567 645">31th May 2024 https://forms.gle/UNKeKJHDNDYM3fyMA</td> </tr> <tr> <td data-bbox="389 645 963 712">Definitive Registration</td> <td data-bbox="970 645 1567 712">30th June 2024</td> </tr> <tr> <td data-bbox="389 712 963 779">Nominal Registration</td> <td data-bbox="970 712 1567 779">8th September 2024</td> </tr> <tr> <td data-bbox="389 779 963 846">Accommodation Form</td> <td data-bbox="970 779 1567 846">30th June 2024</td> </tr> <tr> <td data-bbox="389 846 963 913">Travel Schedule Form</td> <td data-bbox="970 846 1567 913">8th September 2024</td> </tr> <tr> <td data-bbox="389 913 963 981">Meals Form</td> <td data-bbox="970 913 1567 981">8th September 2024</td> </tr> <tr> <td data-bbox="389 981 963 1048">Payment of the Entry Fee</td> <td data-bbox="970 981 1567 1048">30th June 2024</td> </tr> <tr> <td data-bbox="389 1048 963 1149">Payment of the accommodation costs (first 50%)</td> <td data-bbox="970 1048 1567 1149">30th June 2024</td> </tr> <tr> <td data-bbox="389 1149 963 1249">Payment of the accommodation costs (last 50%)</td> <td data-bbox="970 1149 1567 1249">8th September 2024</td> </tr> <tr> <td data-bbox="389 1249 963 1312">Payment of the fine for missing judge</td> <td data-bbox="970 1249 1567 1312">8th September 2024</td> </tr> </table>	Declaration of Interest All Delegations that send their Provisional Registration (Declarations of Interest) until the defined date will get a 10% discount on the entries.	31th May 2024 https://forms.gle/UNKeKJHDNDYM3fyMA	Definitive Registration	30th June 2024	Nominal Registration	8th September 2024	Accommodation Form	30th June 2024	Travel Schedule Form	8th September 2024	Meals Form	8th September 2024	Payment of the Entry Fee	30th June 2024	Payment of the accommodation costs (first 50%)	30th June 2024	Payment of the accommodation costs (last 50%)	8th September 2024	Payment of the fine for missing judge	8th September 2024	
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ADDITIONAL INFORMATION	Parallel Junior and Senior Competition.																					

Sincerely Yours,
Team APAGL



Loulé, 03rd May, 2024