

# WORKPLAN



# Loulé

## ACRO CUP

1ST EDITION

The main graphic features a stylized green figure in an acro-yoga pose, with one person standing on the feet of another person lying on their back. Below this is the word "Loulé" in a large, white, serif font, with an orange figure integrated into the letter 'l'. Underneath "Loulé" is the text "ACRO CUP" in a white, sans-serif font, and "1ST EDITION" in a smaller, green, sans-serif font.

---

**20 - 22 MARCH 2025**

---

**PAVILHÃO MULTIUSOS  
25 DE ABRIL**

ALMANCIL, LOULÉ

All info: [www.apagl.pt/loule-acro-cup/](http://www.apagl.pt/loule-acro-cup/)



## GENERAL INFORMATION

Associação de Pais e Amigos da Ginástica de Loulé is delighted to welcome you to present the first Loulé Acro Cup. The Competition will take place in the city of Almancil from 20th March to 22nd March 2025.

## ORGANISING COMMITTEE

<b>Marta Martins</b>	LOC president
<b>Mário Dias</b>	LOC vice-president
<b>Fábio Viegas / Rita Nascimento</b>	Technical directors
<b>Paulo Dias / Marta Dias</b>	Accreditation / secretariat and catering
<b>Paula Gomes / Sílvia Ogrin</b>	Secretariat
<b>Rui Martins</b>	Transportation
<b>Ângela Almeida</b>	Accommodation
<b>Sérgio Mateus</b>	Data and IT support
<b>VidalGym</b>	Equipment
<b>Lina Brito / Bruno Brito</b>	Merchandising

## ORGANISING COMMITTEE ADDRESS

**Associação de Pais e Amigos da Ginástica de Loulé**

Rua da Marroquia, 30 8100-684 Loulé

Phone: +351 939 033 196 (Marta Dias) & +351 965 553 566 (Paulo Dias)

e-mail: loulecup.apagl@gmail.com

Web-site: www.apagl.pt

## COMPETITION LOCATION

**Pavilhão Multiusos 25 de Abril**

Praça Prof. António Sousa Agostinho

8135-154 Almancil (Loulé, Portugal)

# COMPETITION PROGRAMME & TECHNICAL RULES

All the FIG technical rules considered valid during the period of the competition:

- Technical Regulations
- Code of Points (2025-2028)
- Youth & Juniors Rules (2025-2028)

All the official FIG newsletter will be applied

LEVEL	AGE LIMITS	GENERAL RULES	QUALIFICATIONS	FINALS
<b>Beginner</b> (D Base Infantil in AcroCompanion)	7 - 13	Refer to specific rules	Combined	Combined
<b>Youth Base</b> (2ª Div Inicado in AcroCompanion)	8 - 16	Refer to specific rules	Combined	Combined
<b>Open Base</b> (D Base Juniores in AcroCompanion)	+10	Refer to specific rules	Combined	Combined
<b>Pre-Youth</b>	11 - 16	Rules for Pre-Youth FIG Youth & Juniors Rules	Balance + Dynamic	Defined by FIG
<b>Youth</b>	12 - 18	Rules for Youth FIG Youth & Juniors Rules	Balance + Dynamic	Combined
<b>Junior</b>	13 - 19	Rules for Junior FIG Youth & Juniors Rules	Balance + Dynamic	Combined
<b>Senior</b>	+15	Rules for Seniors FIG	Balance + Dynamic	Combined

If up to 16 P/G are scheduled to participate in the qualifications, the best 8 will proceed to finals. If more than 16 P/G are scheduled to participate in the qualifications, the best 12 will proceed to finals. Finals start from zero (for all age groups).

# COMPETITION SCHEDULE

## Friday, March 21

Friday - Qualifications	18:00 - 22:12	Qualifications - Balance: Pre-Youth (All) Qualifications - Combined: D Base Infantil (All) Qualifications - Balance: Youth (All) Qualifications - Balance: Juniors (All) Qualifications - Combined: 2a Div Inicialdo (All) Qualifications - Balance: Seniors (MX2, W3)
-------------------------	---------------	---

## Saturday, March 22

Saturday - Qualifications	10:00 - 12:25	Qualifications - Combined: D Base Juniores (All) Qualifications - Balance: Seniors (M2) Qualifications - Dynamic: Pre-Youth (All) Qualifications - Dynamic: Youth (All) Qualifications - Dynamic: Juniors (All) Qualifications - Dynamic: Seniors (All)
Saturday - Finals (Part 1)	12:37 - 13:27	Finals - Combined: D Base Infantil (All) Finals - Combined: 2a Div Inicialdo (MX2)
Saturday - Finals (Part 2)	14:45 - 17:58	Finals - Combined: 2a Div Inicialdo (W2, W3) Finals - Combined: D Base Juniores (All) Finals - Combined: Seniors (MX2, W3) Finals - Balance: Pre-Youth (W3, MX2) Finals - Dynamic: Pre-Youth (W2) Finals - Combined: Youth (All) Finals - Combined: Juniors (All)
	18:00 - 19:00	Award ceremony

**In AcroCompanion the nomenclature of the levels is slightly different from that included in the directives and rules of Loulé Acro Cup.**

For your convenience, please find below the correspondence:

LEVEL LOULÉ ACRO CUP	LEVEL ON ACROCOMPANION
Beginner	D Base Infantil
Youth Base	2ª Div Inicialdo
Open Base	D Base Junior

## TRAINING

Training sessions will take place at the Almancil Sports Hall (Pavilhão Multiusos 25 de Abril):

- Free Training - Thursday (20th March 2025) from 15h30 to 18h00 (warm up floor and competition floor)
- Podium Training - Thursday (20th March 2025) and Friday (21st March 2025) as per allocated scheduled (warm up floor and competition floor)

Only gymnastics competing at Loulé Acro Cup and the respective coaches will be allowed in the warm-up, waiting and competition areas.

## ORIENTATION MEETING & JUDGES MEETING

The **Orientation Meeting** for the Head of Delegations and Coaches will take place Friday, **21st March 2025, in the Sports Hall at 16h00**. All Heads of Delegation and Coaches are expected to attend this meeting. The Organising Committee will provide detailed information regarding the Loulé Acro Cup.

The **Judges Meeting**, which is compulsory for all judges, will take place on Friday, **21st March 2025, at the Sports Hall at 17h15**.

All information in the meetings will be provided in English and translated to Portuguese.

## TARIFF SHEETS & MUSIC

All tariff sheets must be created via AcroCompanion. All musics should be uploaded and attached to the repetitive tariff sheets. Coaches should have a copy ready to use in case of any issues during the competition.

**(Extended) deadline: 14 March 2025**

Changes to the tariff sheets for the finals are only allowed up to **1 hour after the end of the qualifications**. If applicable, coaches should **submit the new versions via AcroCompanion and directly inform the Competition Directors**.

## ACCREDITATION AND ID CARDS

All delegation members will receive an accreditation ID Card. The accreditation ID Card is personal, non-transferable and compulsory to receive access to the Sports Hall, functions, and official transport system of the Organising Committee. All participants and officials are required to wear the ID Cards **at all times**.

Accreditation will take place at the accreditation room at the Almancil Sports Hall. During accreditation, heads of delegation must check the correct names of their complete delegation, verify accommodation requirements, and make any necessary payments.

## TRANSPORTATION

Transfers by bus to and from Faro Airport and Loulé Railway Station, as well as to and from the official accommodation to the competition hall will be provided free of charge to those who book their accommodation with the Organizing Committee. The transportation schedule will be handed to the delegations upon arrival. Access will require accreditation.

## MEALS

**Breakfast** is included in the accommodation package and will be served at each hotel. For accommodation type C, breakfast will be served in the school adjacent to the Sports Hall - EB Dr. António de Sousa Agostinho (near the Almancil Sports Hall).

**Lunch** and **Dinner** are included in the accommodation package and will be served at the School - EB Dr. António de Sousa Agostinho (near the Almancil Sports Hall).

**For all meals, it is compulsory to present the accreditation with valid meal vouchers for the specific meal. For breakfast, the accreditation suffices.**

DAY	LUNCH	DINNER
Thursday, 20th March	12h00 - 14h30	19h30 - 22h30
Friday, 21st March	12h00 - 14h30	19h30 - 22h30
Saturday, 22nd March	12h00 - 14h30	BANQUET AND FAREWELL PARTY

*Extra meals acquired at accreditation or same day will have a cost of 17 euros per meal.  
Cost of banquet and final party acquired at accreditation - 40 euros*

## OFFICIAL HOTELS

Aquashow Park Hotel	Class A
Hotel Praia Sol Quarteira	Class B
Hotel Zodíaco	Class C

## OPENING CEREMONY

There will be no official opening ceremony.

## MEDAL AWARD CEREMONIES

All medalists (top3) must take part in the Medal Awards Ceremonies wearing their Track Suit (no competition attires or black leggings and t-shirts/sweaters allowed). Top 3 will receive medals.

There will also be a Team Competition (all Age Groups). Top 3 Teams will receive a trophy. The team classification is defined by the sum of the three best qualifications scores (3 pairs or groups, no matter if the category are repeated) of each delegation (per age group).

**1 P/G can only be part of 1 team.**

There will be PRIZE MONEY awards for Seniors as per the following:

- 1st place: 100€ per gymnast
- 2nd place: 75€ per gymnast
- 3rd place: 50€ per gymnast

NOTE: The individual competition prize money will only be awarded if all requirements are met and if the score for the sum of the qualifications and finals is at least 78 Points.

- Best Difficulty Score: 150€ for the pair/group

**If the prize money is not claimed 1 hour before the beginning of the farewell dinner it will no longer be due and will revert to the Loulé Acro Cup LOC.**

There will also be a trophy for best execution and best artistry (single competition for beginners youth base and open base, i.e. not per age group), a trophy for best balance score and best dynamic score in qualifications (single competition for pre-youth, youth and junior) and a trophy (with prize money) for best difficulty score (in the senior category).

## TIE-BREAKING RULES

FIG tie breaking rules will apply in case of ties in the individual competition.

- For the Teams rankings and awards, the tie-breaker is the sum of the execution scores and then the sum of the artistry scores (if there is still a tie);
- For the highest difficulty award, the tie-breaker is the execution score;
- For the best execution score, the tie-breaker is the artistry score;
- For the best artistry score, the tie-breaker is the execution score;
- For the best balance and dynamic scores, the tie-breaker is the highest execution score and then the highest artistry score (if there is still a tie).

Any specific cases not defined in the directives or the workplan will be decided by the competition technical directors

## FLAGS

There will be neither flags nor anthems during the award ceremonies.

## INSURANCE

Clubs / Federations are obliged to cover the insurance expenses for the members of their delegation (illness and accident). See FIG Technical Regulations.

## OFFICIAL LANGUAGE

The official language of the competition is English. Interpretation from and into any other language must be organised by the delegations. Information Meetings and Judges Meetings will be held in English. Announcements will be made in Portuguese and English.

## VIDEO RECORDING

All routines will be recorded on video.

## SEATING FOR THE DELEGATIONS

Sections in the competition hall are reserved for all delegation members and all delegation members must take a seat in that area.



## BANQUET AND FAREWELL PARTY

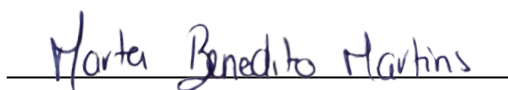
A banquet and farewell party will be arranged at Casino Vilamoura (*Praça Casino Vilamoura, 8126-908 Quarteira*).

All delegations that have booked their accommodation with the OC are invited to participate (without additional payment) on the Banquet and Final Party

Extra tickets will be available at the OC office at € 40 per person.

Requests for extra tickets must be made at the very latest Saturday, 21st March 2025.

The President of the LOC

A handwritten signature in blue ink that reads 'Marta Benedito Martins' written over a horizontal line.

Marta Martins

*Loulé, 11st March 2025*