



18th International “Loulé Cup” Competition
Loulé, Portugal
23rd to 25th October 2025
U13 & 13-14



DIRECTIVES

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 AND VENUE	Loulé Municipal Sport Centre Professor Joaquim Vairinhos 8100-760 Loulé – Portugal
DATE	23rd to 25th October 2025
APPARATUS SUPPLIED	Please refer to the attached apparatus list.
RULES AND REGULATIONS	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. <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



	<ul style="list-style-type: none"> ○ 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>
PROVISIONAL SCHEDULE	<p>Wednesday, 22nd October All Day – Arrival of Delegations. Free training – 10:00 – 22:00 Handing of competition cards Head of Delegation Meeting TR, DMT and TU Judges Meeting</p> <p>Thursday, 23rd October Free training – 08:00 – 10:00 Qualifying Rounds – TRI/DMT/TUM</p> <p>Friday, 24th October Qualifying Rounds – TRI/DMT/TUM</p> <p>Saturday, 25th October Individual Finals – TRI/DMT/TUM 12:30 - Individual Award Ceremony (1/2) Individual Finals – TRI/DMT/TUM 18:30 - Individual Award Ceremony (2/2) 21:00 – Banquet and Final Party</p> <p>Sunday, 26th October All day – Departure of Delegations</p>
FEDERATIONS INVITED	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.
AGE LIMITS	Individual Trampoline * Double Mini Trampoline * Tumbling U13 – born in 2013 and after 13-14 – born in 2011 or 2012
ENTRY FEES	The cost for the entry fees is as follows: <ul style="list-style-type: none"> • One apparatus: € 20 (twenty euros); • Two apparatus: € 30 (thirty euros); • Three apparatus: € 40 (forty euros). Entries will be considered on a first come first served basis.
EVENT FORMAT	Each gymnast can only participate in one group in each apparatus. Difficulty limits



	<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>
<p>INSURANCE</p>	<p>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 FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the Members of their Delegation. Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. (For additional information regarding the FIG IMSSA insurance for Athletes and Judges: go to: https://www.gymnastics.sport/site/pages/medical-insurance.php) 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.</p>
<p>SAFEGUARDING</p>	<p>From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges, and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable. The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site. In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p>
<p>ACCREDITATION</p>	<p>Delegation accreditation will take place upon arrival. For accreditation, Heads of the Delegations are required to bring the following documents:</p> <ul style="list-style-type: none"> • Passports of all members of the delegation; • Proof of total payments; • Proof of medical insurances; <p>All financial obligations must be fulfilled before arrival or during the accreditation.</p>



	<p>Accreditation card is personal for each of the delegation members. Accreditation card wearing is required at all times of the tournament.</p>
<p>JUDGES AND JURIES</p>	<p>All judges must have a current valid FIG brevet until the end of the event, and in the respective discipline.</p> <p>It is compulsory that the participating Delegations bring 1 (one) judge with FIG judges brevet for every 8 competitors. 1-8 = 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 (<u>e.g. if only one FIG judge is indicated for 11 competitors, a fee of €150 will be due</u>). 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 and must remain available during all competition days. Note that judges penalties will still be due in case judges are either not fully available throughout the three competition days or fail to be present at one of the sessions they are indicated to judge.</p> <p>Note: Transport, accommodation, and meals of the judges of each delegation are of the respective delegations' responsibility.</p>
<p>BANK ACCOUNT INFORMATION</p>	<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</p> <p>Reference: Loulé Cup 2025 (followed by the name of the Club, Association or Federation)</p> <p>Important Notes:</p> <ol style="list-style-type: none"> All fees relating to the bank transfers are responsibility of the participating delegations. Until payment is made, entries will be considered as provisional, including accommodation and meals Proof of payment must be sent, with the respective identification, to: loulecup.apagl@gmail.com
<p>VISA</p>	<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>
<p>WORKPLAN</p>	<p>Detailed information about the competition will be sent to participating delegations by the end of September.</p>
<p>INTERNATIONAL</p>	<p>The members of the invited participants must pay for their international transportation.</p>



TRANSPORTATION	
ACCOMMODATION, MEALS and LOCAL TRANSPORTATION	<p>The Organisers will arrange, at a determined fee, accommodation and meals (from 21st October to 26th October).</p> <p>The costs are per person/night and includes (Package A and B):</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 are per person/night): € 160 (single room) € 135 (double room)</p> <p>B - Hotel *** The costs in this hotel are as follows (the costs are per person/night): € 130 (single room) € 125 (double room) € 120 (triple room)</p> <p>The costs are per person/night and includes (Package C):</p> <ul style="list-style-type: none">- Room- Lunch + dinner- Banquet and Final Party <p>C - Low-Cost Hotel The costs in this hotel are as follows (the costs are per person/night): € 105 (single room) € 85 (double or triple room)</p> <p>The hotel rooms will be allocated on a “first come, first served” 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) – 13,5 euros Cost of each meal per person acquired on accreditation (Lunch or Dinner) – 17 euros Cost of banquet and final party per person – 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); Cancelation of accommodation after 5th September 2025 is not refundable; No gymnasts will be allowed to train or compete until accreditation is complete and all financial matters are settled and supported with the respective proof of payments.</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 accommodation days 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>



DEADLINES	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.	30 th April 2025
	Definitive Registration	30 th June 2025
	Accommodation Form	
	Payment of the Entry Fee	
	Payment of the accommodation costs (first 50%)	
	Nominal Registration	5 th September 2025
	Travel Schedule Form	
	Meals Form	
Payment of the accommodation costs (last 50%)		
	Payment of the fine for missing judge	
ADDITIONAL INFORMATION	Parallel Junior and Senior Competition.	

Sincerely Yours,
TEAM APAGL



Loulé, 5 February 2025