

A.P.A.G.L.
Associação de Pais e Amigos da Ginástica de Loulé

WORKPLAN



18th LOULÉ CUP

23rd to 25th October, 2025
Loulé (Algarve)
PORTUGAL



Live Stream
www.apagl.pt

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1. GENERAL INFORMATION

This Work Plan has been developed in accordance with the FGP, FIG and EG regulations and rules. It is based on the entries, as received by the Organizing Committee on/ or before 30th September 2025.

2. ORGANISING COMMITTEE

Marta Martins	President
Fábio Viegas/Rute Simão	Competition Directors
Mário Dias	Finance
Ângela Almeida/Paulo Dias/Sara Monteiro	Accreditation
Rui Martins	Transportation
Marco Gonçalves	Equipment
Ângela Almeida/Paulo Dias	Accommodation
Marta Dias	Catering
<i>GinásticaTV</i>	Video / Livestream

3. FGP OFFICIALS

Luís Arrais	FGP President
João Marques	FGP Technical delegate & National Technical Director

4. ORGANISING COMMITTEE ADDRESS

Associação de Pais e Amigos da Ginástica de Loulé
Rua da Marroquia, 30
8100-684 Loulé

☎: 00351 965 553 566 & 00351 918 562 781

e-mail: loulecup.apagl@gmail.com

Web-site: www.apagl.pt

5. FLAGS

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

6. INSURANCE

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

7. OFFICIAL LANGUAGE

The official language of the competition is Portuguese. 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.

8. 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.

9. MEALS

Breakfast is included in the accommodation package and will be served at each hotel.

Lunch and **Dinner** are included in the accommodation package and will be served at the Loulé Sports Hall.

10. 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 Loulé Sports Hall.

During accreditation, heads of delegation must check the correct names of their complete delegation, verify accommodation requirements, and make any necessary payments.

The publicity on the clothes must be in accordance with FIG rules

“Inadequate publicity that does not namely respect sports ethics and the human rights is not permitted on clothes.”

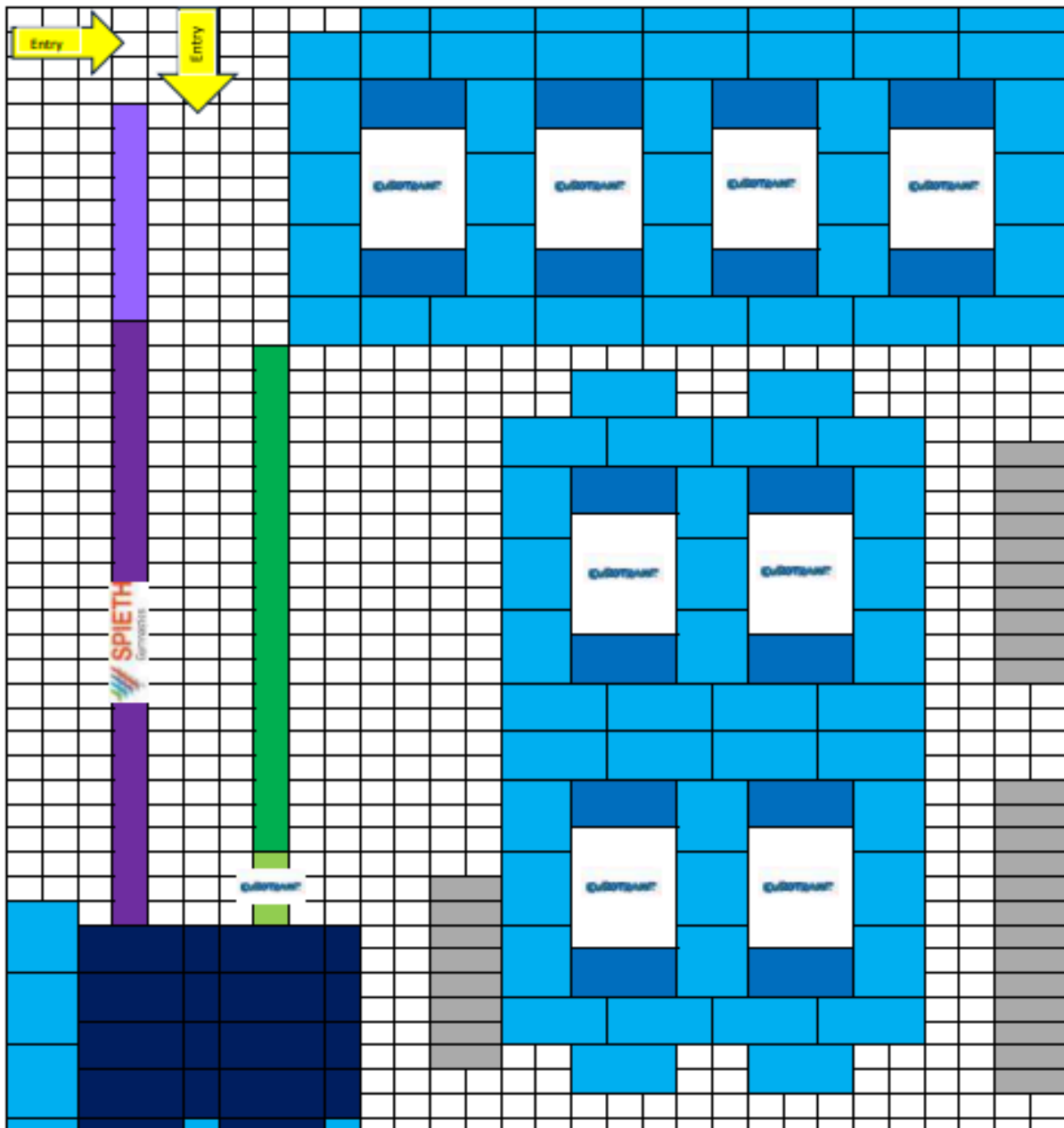
11. COMPETITION CARDS

All the Competition Cards should be written in FIG terminology. The deadline to return Competition Cards is Thursday, 23rd October 2025 by **10H00**.

Note that **competition cards should be printed and submitted in paper** at the Secretariat. Competition cards are **only required for** gymnasts competing in the **JUN** and **SEN** levels.

12. GENERAL PROGRAMME

Loulé Cup – TR, DMT & TU



DMT/TRA		All		Wednesday 22nd October 2025				
Warm-up	Line-up	Start	End	TRA1	TRA2	DMT1	DMT2	TU
		10h00	22h00	Freetraining				
DMT/TRA		All		Thursday 23rd October 2025				
Warm-up	Line-up	Start	End	TRA1	TRA2	DMT1	DMT2	TU
		08h00	12h00	Freetraining				
		12h30	13h00	Orientation meeting				
		13h15	13h45	Judges meeting				
13h30	14h15	14h20	15h10	SEN F G1				
14h20	15h05	15h10	16h00	SEN F G2	13-14 M G1	SEN M G1	U13 F G1	SEN F G1
15h10	15h55	16h00	16h50	SEN F G3	13-14 M G2	SEN M G2	U13 F G2	SEN F G2
16h00	16h45	16h50	17h40	SEN F G4	13-14 F G1	SEN M G3	U13 F G3	SEN F G3
		17h40	17h50	Break (10 minutes)				
17h00	17h45	17h50	18h40	SEN M G1	13-14 F G2		U13 F G4	JUN F G1
17h50	18h35	18h40	19h30	SEN M G2	13-14 F G3		U13 F G5	JUN F G2
18h40	19h25	19h30	20h20	SEN M G3	13-14 F G4	SEN F G1	U13 F G6	JUN F G3
19h30	20h15	20h20	21h10	SEN M G4	13-14 F G5	SEN F G2	U13 F G7	JUN F G4
20h20	21h05	21h10	22h00	SEN M G5	13-14 F G6	SEN F G3	U13 F G8	13-14 M G1
DMT/TRA		All		Friday 24th October 2025				
Warm-up	Line-up	Start	End	TRA1	TRA2	DMT1	DMT2	TU
		08h00	08h50	Freetraining				
08h10	08h55	09h00	09h50		U13 F G1		U13 M G1	JUN M G1
09h00	09h45	09h50	10h40		U13 F G2	13-14 M G1	U13 M G2	JUN M G2
09h50	10h35	10h40	11h30	JUN F G1	U13 F G3	13-14 M G2	U13 M G3	U13 F G1
10h40	11h25	11h30	12h20	JUN F G2	U13 F G4	JUN M G1	13-14 F G1	U13 M G1
11h30	12h15	12h20	13h10	JUN F G3	U13 F G5	JUN M G2	13-14 F G2	SEN M G1
12h20	13h05	13h10	14h00	JUN F G4	U13 F G6	JUN M G3	13-14 F G3	SEN M G2
		14h00	15h00	Break (60 minutes)				
14h10	14h55	15h00	15h50	JUN M G1	U13 M G1	JUN F G1	13-14 F G4	13-14 F G1
15h00	15h45	15h50	16h40	JUN M G2	U13 M G2	JUN F G2	13-14 F G5	13-14 F G2
15h50	16h35	16h40	17h30	JUN M G3	U13 M G3	JUN F G3		13-14 F G3
		17h30	17h40	Break (10 minutes)				
16h50	17h35	17h40	18h30	Q2 SEN F G1		Q2 SEN M G1		
17h40	18h25	18h30	19h20	Q2 SEN F G2		Q2 SEN M G2		
18h30	19h15	19h20	20h10	Q2 SEN M G1		Q2 SEN F G1		
19h20	20h05	20h10	21h00	Q2 SEN M G2		Q2 SEN F G2		
DMT/TRA		All		Saturday 25th October 2025				
Warm-up	Line-up	Start	End	TRA1	TRA2	DMT1	DMT2	TU
		08h00	09h20	Freetraining				
08h40	09h25	09h30	10h20			JUN F	13-14 F	U13 F
09h30	10h15	10h20	11h10			JUN M	13-14 M	U13 M
10h20	11h05	11h10	12h00	JUN F	U13 F			13-14 F
11h10	11h55	12h00	12h50	JUN M	U13 M			13-14 M
		12h50	14h00	Break (70 minutes)				
13h10	13h55	14h00	14h50			SEN F	U13 F	SEN F
14h00	14h45	14h50	15h40			SEN M	U13 M	SEN M
14h50	15h35	15h40	16h30					JUN F
15h40	16h25	16h30	17h20	SEN F	13-14 F			JUN M
16h30	17h15	17h20	18h10	SEN M	13-14 M			
		18h15		Award ceremonies				

Important notes:

TRA & DMT warm-up starts 50 minutes before competition in the separate warm-up area (45 minutes)

TRA & DMT line-up starts 5 minutes before competition, followed by one touch in TRA and two touches in DMT

TU line-up starts 5 minutes before the warm-up in the competition apparatus (20 minutes)

Finals (F1 or F1+F2) are in bold and highlighted in green.
Q2 are in bold and highlighted in grey.

13. ORIENTATION MEETING

The Orientation Meeting for the Head of Delegations and Coaches will take place Thursday, 23rd October 2025, in the Sports Hall at **12H30**.

All Heads of Delegation and Coaches should meet at the LOC/Accreditation room 5 minutes before to be guided to the meeting room. All Heads of Delegation and Coaches are expected to attend this meeting. The Organising Committee will provide detailed information regarding the Loulé Cup.

All information will be presented in Portuguese and English.

14. OPENING CEREMONY

There will be no official opening ceremony.

15. MEDAL AWARD CEREMONIES

Only the medal winners are invited to participate and must wear competition attire.

16. CLOSING & AWARD CEREMONY

The closing ceremony will be held at the Loulé Sports Hall.

17. COMPETITION VENUE

The Loulé Cup will be held at the Loulé Municipal Sport Centre Professor Joaquim Vairinhos ("Loulé Sports Hall").

18. EQUIPMENT

Please refer to the separate Apparatus List

19. TRAINING

Free Training sessions will take place at the Loulé Sports Hall:

- **Wednesday** between 10h00 and 22h00;
- **Thursday** between 8h00 and 12h00;
- **Friday** between 8h00 and 8h50;
- **Saturday** between 8h00 and 9h20.

During training, only competitors and coaches will be allowed to enter the floor of competition.

20. WARM UP

Qualifications:

Trampoline: The gymnasts will have **ONE TOUCH** warm up on the competition apparatus after their warm-up period (in the warm-up area).

Double Mini-Trampoline: The gymnasts will have **TWO TOUCHES** warm up on the competition apparatus after their warm-up period (in the warm-up area).

Tumbling: Competition will start immediately after the end of the warm-up period (Competition hall).

Finals

Trampoline: The gymnasts will have **ONE TOUCH** warm up on the competition apparatus after their warm-up period (in the warm-up area).

Double Mini-Trampoline: The gymnasts will have **TWO TOUCHES** warm up on the competition apparatus before F1 after their warm-up period (in the warm-up area) and **ONE TOUCH** before F2.

Tumbling: Competition will start immediately after the end of the warm-up period (Competition hall). The gymnasts will have **ONE TOUCH** warm up on the competition apparatus before F2.

During the warm-up immediately prior to competition, the gymnasts are required to wear competition attire.

21. MARCH IN

The gymnasts are asked to be present at the assembly area 5 minutes prior to each competition round for the march-in. They must wear competition attire.

22. STARTING ORDER - DRAWING OF LOTS FOR THE STARTING ORDER

The final starting order will be established after the nominative entries and accreditations. The start lists will be available online (sportech.io). The OC reserves the right to change the groups (and the number of competitors per group) depending on the number of competitors that arrive in Loulé.

The starting order for the finals will be according to the Technical Regulations. The list of finalists and two reserves will be available online (sportech.io) after Qualifications.

There will be no Team finals. The Top 3 scores from gymnasts of the same Club/Association in each age group will represent the Team score in each apparatus and age group.

23. JUDGES MEETING

The **judges meeting**, which is compulsory for all judges, will take place on Thursday, 23rd October 2025, at the Sports Hall at **13H15**. All judges should meet at the LOC/Accreditation room 5 minutes before to be guided to the meeting room.

Please note that the Judges' instruction will be held in English only.

24. SUPERIOR JURY

To be informed during the Judges Meeting.

The scores will be available online (sportech.io) and posted on the sports hall

25. VIDEO RECORDING

All routines will be recorded on video.

26. 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.

27. MEDICAL SERVICES AND MASSAGE

First Aid services will be provided at the Loulé Sports Hall
Massage places for delegations will be available in the Medical Room.

28. COMPETITION INFORMATION

Several information will be provided in the Competition Office. The Head of delegations (or representative of the delegations) are asked to check in the competition office and the WhatssApp Group on a regular basis.

29. BANQUET AAN FAREWELL PARTY

A banquet and farewell party will be arranged at Salão de Festas Municipal de Loulé.

ASSOCIAÇÃO DE PAIS E AMIGOS DA GINÁSTICA DE LOULÉ