



19th International “Loulé Cup” Competition
Loulé, Portugal
08th to 10th October 2026
JUN and SEN



DIRECTIVES

Event ID: xxxx

Dear FIG, Affiliated Member Federation,

Following the decision of the FIG Presidential Commission, the **Portuguese Gymnastics Federation** has the pleasure to invite your Federation to participate in the aforementioned official FIG International event.

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 / Paulo Dias Mobile: +351 932895679 / +351 965553566 E-mail: loulecup.apagl@gmail.com Website: www.apagl.pt
LOCATION	Loulé Municipal Sport Centre Professor Joaquim Vairinhos 8100-760 Loulé – Portugal
DATE	08th to 10th October 2026
VENUE	Loulé Municipal Sport Centre Professor Joaquim Vairinhos 8100-760 Loulé – Portugal
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"> <input type="checkbox"/> Statutes <input type="checkbox"/> Code of Ethics <input type="checkbox"/> Code of Conduct <input type="checkbox"/> Technical Regulations <input type="checkbox"/> Code of Discipline <input type="checkbox"/> 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

and subsequent decisions of the FIG Executive Committee

SPECIFIC RULES

Individual Trampoline, Double Mini-Trampoline and Tumbling

15-16 - Following 15-16 WAGC rules

17+ - Following FIG Senior rules

Wednesday, 7th October

All Day – Arrival of Delegations.

Free training – 10:00 – 22:00

Thursday, 8th October

Free training – 08:00 – 10:00

Handing of competition cards

Head of Delegation Meeting

TR, DMT and TU Judges Meeting

Qualifying Rounds – TRI/DMT/TUM

Friday, 9th October

Qualifying Rounds – TRI/DMT/TUM

Saturday, 10th October

Individual Finals – TRI/DMT/TUM

21:00 – Banquet and Final Party

Sunday, 11th October

All day – Departure of Delegations

PROVISIONAL SCHEDULE

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

Junior: as per FIG Technical Regulations

Senior: as per FIG Technical Regulations

All gymnasts must have a valid FIG licence, until the end of the event.

ENTRY FEES

The cost for the entry fees is as follows:

- 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	<p>Each gymnast can only participate in one group in each apparatus.</p> <p>Difficulty limits as in FIG Code of Points</p> <p>Q1 – Individual (all apparatus): Junior (Male/Female) – in accordance with FIG Junior/WAGC Rules as per FIG in valid Code of Points. Senior (Male / Female) – in accordance with FIG Senior Rules as per FIG in valid Code of Points</p> <p>Q2 – Individual (all apparatus): Only in Senior (Male/Female) competition, in accordance with FIG code of points</p> <p>FINALS – Individual:</p> <p>F1 – Individual Trampoline / F1+F2 – Individual Double Mini Trampoline and Tumbling Junior and Senior (Male/Female) - In accordance with FIG code of points In case of less than 8 competitors, all of them will go to the finals. Though, no competitor will go through to the next competition phase without participating in the respecting qualification rounds or having DNF or DSQ as a final score. All Finals starts from zero. Tie-breaking rules as per FIG TR.</p> <p>TEAM competition Team Competition format will be defined in the Workplan but includes all ages and apparatus.</p>
INSURANCE	<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.</p> <p>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)</p> <p>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>
SAFEGUARDING	<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.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>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>
ACCREDITATION	<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.



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.

In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.

NOTE: *The Organizing Committee will be responsible for checking the validity of the gymnast' Licenses.* No gymnasts will be accepted without a valid FIG License until the end of the event.

JUDGES AND JURIES

All judges must have a current valid FIG brevet until the end of the event, and in the respective discipline.

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

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 FIG judge is indicated for 11 competitors, a fee of **150€ will be due**). The non-payment of the penalty 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.

Note: Transport, accommodation, and meals of the judges of each delegation are of the respective delegations' responsibility.

The Organisers established **PRIZE MONEY** for the first three qualified in the **Individual Senior** (male and female) competition in TRI, DMT and TUM, and for the first qualified in TRI, DMT and TUM **Teams** (male and female) as follows:

	TRI	DMT	TUM	TRI / DMT / TUM TEAMS
1st Place	300€	300€	300€	400€
2nd Place	150€	150€	150€	
3rd Place	100€	100€	100€	

PRIZE MONEY

Grand Total: 5.700,00€

The **PRIZE MONEY** will only be attributed to each class/category if there are at least 8 (eight) effective participants in the competition. The prize money should be collected from the LOC until the end of the competition. If a prize money is not claimed 1 hour and half before the beginning of the farewell dinner (**7h30pm, 10th October**), it will no longer be due and will revert to the LouleCup LOC.

The 1st, 2nd and 3rd places in each single event will receive a medal.
OBS: Less than **350** participants – no prize money will be awarded.



BANK ACCOUNT INFORMATION

All payments must be made in euros, through bank transfer, to the following account:

Account Name: ASSOCIACAO PAIS AMIGOS GINASTICA LOULE

Bank: CAIXA GERAL DEPOSITOS

Agency: LOULE

IBAN: PT50 0035 0399 00066945730 10

BIC/SWIFT: CGDIPTPL

Reference: Loulé Cup 2026 (followed by the name of the Club, Association or Federation)

Important Notes:

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 meals
3. Proof of payment must be sent, with the respective identification, to: loulecup.apagl@gmail.com

VISA

If any delegation requires a Special Declaration/Invitation to obtain Visas for entry in Portugal, please refer to the attached visa form or find it in our website and send by e-mail (loulecup.apagl@gmail.com) as soon as possible.

WORKPLAN

Detailed information about the competition will be sent to participating delegations by mid-September.

INTERNATIONAL TRANSPORTATION

The members of the invited delegations must pay for their international transportation.

ACCOMMODATION, MEALS and LOCAL TRANSPORTATION

The Organisers will arrange, at a determined fee, accommodation and meals (from 07th October to 11th October).

The costs (Package A and B) are per person/night and include:

- 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.

A – HOTEL**** OR BEDROOM VILLA****

5% Discount per person/night if Accommodation Form and Payment of the first 50% accommodation costs **done until 31st may 2026.**

The costs in this hotel are as follows:

Hotel****	Single Room	Double Room	Triple Room
	240€	210€	190€

The costs in this Bedroom Villa are as follows:

Bedroom Villa****								
One Bedroom Villa		Two Bedroom Villa			Tree Bedroom Villa (only two available)			
1 Pax	2 Pax	2 Pax	3 Pax	4 Pax	3 Pax	4 Pax	5 Pax	6 Pax
240€	165€	200€	165€	150€	220€	190€	165€	150€

B - Hotel ***

The costs in this hotel are as follows:

Hotel***	Single Room	Double Room	Triple Room
	155€	140€	135€

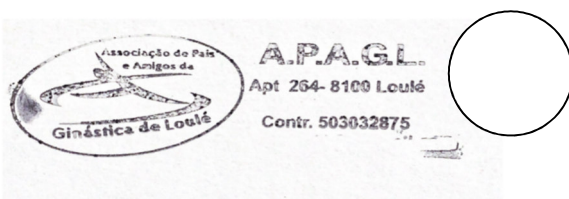
The hotel rooms will be allocated on a “first come, first served” basis.

At the time of the **Definitive registration**, 50% of the accommodation costs must be paid to the OC.



ONLY MEALS	Meals can be purchased in advance until the nominative entries deadline for 14€ /each (non-reimbursable) Meals acquired at accreditation will cost 17€ /each (limited availability) Tickets for the Banquet and Final Party can be purchased in advance until the nominative entries deadline for 50€ /each (non-reimbursable) Tickets acquired at accreditation will cost 60€ /each (limited availability).														
CANCELLATION POLICY	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 30th August 2026 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.														
MARKETING	FIG advertising and publicity norms must be respected.														
SOCIAL MEDIA	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/														
MEDICAL SERVICES	The Organizing Committee will provide a first aid medical service and emergency medical transportation in the competition / training area during the whole competition.														
SERVICES	For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.														
OFFICIAL HOSPITAL	Centro Hospitalar Universitário do Algarve - Hospital de Faro R. Leão Penedo 8000-386 Faro														
DEADLINES	All the forms are available in www.apagl.pt and must be sent to loulecup.apagl@gmail.com <table border="1"> <tr> <td>Early Definitive Registration (10% discount on the entries)</td> <td>15th June 2026</td> </tr> <tr> <td>Definitive Registration</td> <td rowspan="3">15th July 2026</td> </tr> <tr> <td>Accommodation Form</td> </tr> <tr> <td>Payment of the Entry Fee</td> </tr> <tr> <td>Payment of the accommodation costs (first 50%)</td> <td rowspan="5">15th August 2026</td> </tr> <tr> <td>Nominal Registration</td> </tr> <tr> <td>Travel Schedule Form</td> </tr> <tr> <td>Meals Form</td> </tr> <tr> <td>Payment of the accommodation costs (last 50%)</td> </tr> <tr> <td>Payment of the fine for missing judge</td> <td></td> </tr> </table>	Early Definitive Registration (10% discount on the entries)	15th June 2026	Definitive Registration	15th July 2026	Accommodation Form	Payment of the Entry Fee	Payment of the accommodation costs (first 50%)	15th August 2026	Nominal Registration	Travel Schedule Form	Meals Form	Payment of the accommodation costs (last 50%)	Payment of the fine for missing judge	
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ADDITIONAL INFORMATION	Parallel Age Group Competition for: U13; 13-14.														

Sincerely Yours,
TEAM APAGL



Loulé, 8 may 2026

Loulé Cup – www.apagl.pt
e-mail : loulecup.apagl@gmail.com