



**19<sup>th</sup> International “Loulé Cup” Competition**  
**Loulé, Portugal**  
**08<sup>th</sup> to 10<sup>th</sup> October 2026**  
**U13 and 13-14**



## DIRECTIVES

Please find herein below the Invitation letter and the directives:

<b>DISCIPLINE</b>	<b>Trampoline</b> <b>Double Mini-Trampoline</b> <b>Tumbling</b>
<b>HOST FEDERATION</b>	<b>Federação de Ginástica de Portugal</b> Estrada da Luz, nº 30A 1600-159 Lisboa / Portugal Tel: +351 21 814 1145 Fax: +351 21 814 2950 e-mail: <a href="mailto:federacao@ginastica.org">federacao@ginastica.org</a> / <a href="mailto:teresa.loureiro@ginastica.org">teresa.loureiro@ginastica.org</a> website: <a href="http://www.ginastica.org">www.ginastica.org</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>APAGL - Loulé Cup</b> 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: <a href="mailto:loulecup.apagl@gmail.com">loulecup.apagl@gmail.com</a> Website: <a href="http://www.apagl.pt">www.apagl.pt</a>
<b>LOCATION</b>	<b>Loulé Municipal Sport Centre Professor Joaquim Vairinhos</b> 8100-760 Loulé – Portugal
<b>DATE</b>	<b>08<sup>th</sup> to 10<sup>th</sup> October 2026</b>
<b>VENUE</b>	<b>Loulé Municipal Sport Centre Professor Joaquim Vairinhos</b> 8100-760 Loulé – Portugal
<b>APPARATUS SUPPLIED</b>	Please refer to the attached apparatus list.
<b>RULES AND REGULATIONS</b>	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"> <li><input type="checkbox"/> Statutes</li> <li><input type="checkbox"/> Code of Ethics</li> <li><input type="checkbox"/> Code of Conduct</li> <li><input type="checkbox"/> Technical Regulations</li> <li><input type="checkbox"/> Code of Discipline</li> <li><input type="checkbox"/> Code of Points and relevant Newsletters</li> <li><input type="checkbox"/> General Judges’ Rules</li> <li><input type="checkbox"/> Specific Judges’ Rules for Trampoline Gymnastics</li> </ul>



	<ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-Doping Rules</li> <li><input type="checkbox"/> Medical Organization of FIG Competitions and Events</li> <li><input type="checkbox"/> FIG Framework for safeguarding athletes and other participants from harassment and abuse in sport during events</li> <li><input type="checkbox"/> License Rules</li> <li><input type="checkbox"/> Media Rules</li> <li><input type="checkbox"/> Apparatus Norms</li> <li><input type="checkbox"/> Rules for Sanctioning (approval) of International Events</li> <li><input type="checkbox"/> Advertising and Publicity Rules</li> <li><input type="checkbox"/> Regulations for Award Ceremonies</li> <li><input type="checkbox"/> Accreditation Rules</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p> <p><b><u>SPECIFIC RULES</u></b>  <b>Individual Trampoline, Double Mini-Trampoline and Tumbling – WAGC rules</b></p>
<p style="text-align: center;"><b>PROVISIONAL SCHEDULE</b></p>	<p><b>Wednesday, 7<sup>th</sup> October</b>  All Day – Arrival of Delegations.  Free training – 10:00 – 22:00</p> <p><b>Thursday, 8<sup>th</sup> October</b>  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</p> <p><b>Friday, 9<sup>th</sup> October</b>  Qualifying Rounds – TRI/DMT/TUM</p> <p><b>Saturday, 10<sup>th</sup> October</b>  Individual Finals – TRI/DMT/TUM  21:00 – Banquet and Final Party</p> <p><b>Sunday, 11<sup>th</sup> October</b>  All day – Departure of Delegations</p>
<p style="text-align: center;"><b>FEDERATIONS INVITED</b></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>
<p style="text-align: center;"><b>AGE LIMITS</b></p>	<p>Individual Trampoline * Double Mini Trampoline * Tumbling  <b>U13 – born in 2014 and after</b>  <b>13-14 – born in 2012 or 2013</b></p>
<p style="text-align: center;"><b>ENTRY FEES</b></p>	<p>The cost for the entry fees is as follows:</p> <ul style="list-style-type: none"> <li>• One apparatus: <b>20€</b> (twenty euros);</li> <li>• Two apparatus: <b>30€</b> (thirty euros);</li> <li>• Three apparatus: <b>40€</b> (forty euros).</li> </ul> <p><b>Entries will be considered on a first come first served basis.</b></p>



<p><b>EVENT FORMAT</b></p>	<p>Each gymnast can only participate in one group in each apparatus.</p> <p><b>Difficulty limits</b></p> <p><b>Individual Trampoline</b>  U13 and 13-14(Male/Female) –  * 10 different technical elements.  * 5 elements with minimum 270° somersault.</p> <p><b>Double Mini Trampoline</b>  *13-14 years – One skill must have at least 360° of somersault rotation.</p> <p><b>Tumbling</b>  *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><b>FINALS – Individual</b>  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.  <b>All Finals starts from zero.</b></p> <p><b>TEAM competition</b>  Team Competition format will be defined in the Workplan but includes all ages and apparatus.</p>
<p><b>INSURANCE</b></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.</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:  <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a>)</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>
<p><b>SAFEGUARDING</b></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.</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>



<p><b>ACCREDITATION</b></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"> <li>- Passports of all members of the delegation;</li> <li>- Proof of total payments;</li> <li>- Proof of medical insurances.</li> </ul> <p>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.</p>
<p><b>JUDGES AND JURIES</b></p>	<p><b>All judges must have a current valid brevet until the end of the event, and in the respective discipline.</b></p> <p>It is compulsory that the participating Delegations bring 1 (one) judge with <b>judges brevet</b> for every 8 competitors.</p> <p>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 <b>50€/gymnast</b> (Fifty Euros per gymnast) for each missing judge according to the previous threshold (<u>e.g. if only one judge is indicated for 11 competitors, a fee of 150€ will be due</u>). 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.</p> <p><b>Note:</b> Transport, accommodation, and meals of the judges of each delegation are of the respective delegations' responsibility.</p>
<p><b>BANK ACCOUNT INFORMATION</b></p>	<p>All payments must be made in euros, through bank transfer, to the following account:</p> <p>Account Name: ASSOCIACAO PAIS AMIGOS GINASTICA LOULE  Bank: CAIXA GERAL DEPOSITOS  Agency: LOULE  IBAN: PT50 0035 0399 00066945730 10  BIC/SWIFT: CGDIPTPL  Reference: <b>Loulé Cup 2026 (followed by the name of the Club, Association or Federation)</b></p> <p><b>Important Notes:</b></p> <ol style="list-style-type: none"> <li>1. <b>All fees relating to the bank transfers are of the responsibility of the participating delegations.</b></li> <li>2. <b>Until payment is made, entries will be considered as provisional, including accommodation and meals</b></li> <li>3. <b>Proof of payment must be sent, with the respective identification, to:</b>  <a href="mailto:loulecup.apagl@gmail.com">loulecup.apagl@gmail.com</a></li> </ol>
<p><b>VISA</b></p>	<p>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 (<a href="mailto:loulecup.apagl@gmail.com">loulecup.apagl@gmail.com</a>) as soon as possible.</p>
<p><b>WORKPLAN</b></p>	<p>Detailed information about the competition will be sent to participating delegations by mid-September.</p>

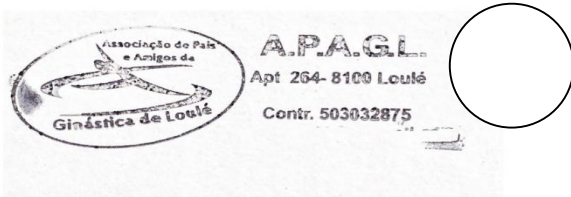


<b>INTERNATIONAL TRANSPORTATION</b>	The members of the invited delegations must pay for their international transportation.																																																		
<b>ACCOMMODATION, MEALS and LOCAL TRANSPORTATION</b>	<p>The Organisers will arrange, at a determined fee, accommodation and meals (from 07<sup>th</sup> October to 11<sup>th</sup> October).</p> <p><b>costs (Package A and B) are per person/night and include:</b></p> <ul style="list-style-type: none"> <li>- Room</li> <li>- Breakfast (Hotel) + lunch + dinner</li> <li>- Banquet and Final Party</li> <li>- Transportation from either Faro Airport or Loulé Railway station to the competition venue or hotel and back</li> <li>- Transportation from the hotel to the competition venue and back.</li> </ul> <p><b>A – HOTEL**** OR BEDROOM VILLA****</b>  <b>5% Discout per person/night</b> if Accommodation Form and Payment of the first 50% accommodation costs <b>done until 31st may 2026.</b></p> <p>The costs in this hotel are as follows:</p> <table border="1" data-bbox="512 757 1401 831"> <tr> <th>Hotel****</th> <th>Single Room</th> <th>Double Room</th> <th>Triple Room</th> </tr> <tr> <td></td> <td>240€</td> <td>210€</td> <td>190€</td> </tr> </table> <p>The costs in this Bedroom Villa are as follows:</p> <table border="1" data-bbox="467 891 1445 1050"> <thead> <tr> <th colspan="8">Bedroom Villa****</th> </tr> <tr> <th colspan="2">One Bedroom Villa</th> <th colspan="3">Two Bedroom Villa</th> <th colspan="3">Tree Bedroom Villa (only two available)</th> </tr> <tr> <th>1 Pax</th> <th>2 Pax</th> <th>2 Pax</th> <th>3 Pax</th> <th>4 Pax</th> <th>3 Pax</th> <th>4 Pax</th> <th>5 Pax</th> <th>6 Pax</th> </tr> </thead> <tbody> <tr> <td>240€</td> <td>165€</td> <td>200€</td> <td>165€</td> <td>150€</td> <td>220€</td> <td>190€</td> <td>165€</td> <td>150€</td> </tr> </tbody> </table> <p><b>B - Hotel ***</b></p> <p>The costs in this hotel are as follows:</p> <table border="1" data-bbox="512 1144 1401 1218"> <tr> <th>Hotel***</th> <th>Single Room</th> <th>Double Room</th> <th>Triple Room</th> </tr> <tr> <td></td> <td>155€</td> <td>140€</td> <td>135€</td> </tr> </table> <p>The hotel rooms will be allocated on a “first come, first served” basis.  At the time of the <b>Definitive registration</b>, 50% of the accommodation costs must be paid to the OC.</p>	Hotel****	Single Room	Double Room	Triple Room		240€	210€	190€	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€	Hotel***	Single Room	Double Room	Triple Room		155€	140€	135€
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<b>ONLY MEALS</b>	<p>Meals can be purchased in advance until the nominative entries deadline for <b>14€/each</b> (non-reimbursable)</p> <p>Meals acquired at accreditation will cost <b>17€/each</b> (limited availability)</p> <p>Tickets for the Banquet and Final Party can be purchased in advance until the nominative entries deadline for <b>50€/each</b> (non-reimbursable)</p> <p>Tickets acquired at accreditation will cost <b>60€/each</b> (limited availability)</p>																																																		
<b>CANCELLATION POLICY</b>	<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).</p> <p>Cancellation of accommodation after <b>30<sup>th</sup> August 2026</b> is not refundable.</p> <p>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>																																																		
<b>SOCIAL MEDIA</b>	<p>The competition will be filmed and broadcasted in live streaming. All participants automatically <b>consent</b> the use of photos and videos to LOC.</p> <p><b>Home-page:</b> <a href="http://www.apagl.pt">www.apagl.pt</a>  <b>Instagram:</b> <a href="https://www.instagram.com/loulecup/">https://www.instagram.com/loulecup/</a></p>																																																		
<b>MEDICAL SERVICES</b>	<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>																																																		
<b>SERVICES</b>	<p>For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.</p>																																																		



<b>OFFICIAL HOSPITAL</b>	<b>Centro Hospitalar Universitário do Algarve - Hospital de Faro</b> R. Leão Penedo 8000-386 Faro	
<b>DEADLINES</b>	All the forms are available in <a href="http://www.apagl.pt">www.apagl.pt</a> and must be sent to <a href="mailto:loulecup.apagl@gmail.com">loulecup.apagl@gmail.com</a>	
	<b>Early Definitive Registration</b> (10% discount on the entries)	<b>15<sup>th</sup> June 2026</b>
	<b>Definitive Registration</b>	<b>15<sup>th</sup> July 2026</b>
	<b>Accommodation Form</b>	
	<b>Payment of the Entry Fee</b>	
	<b>Payment of the accommodation costs (first 50%)</b>	
	<b>Nominal Registration</b>	<b>15<sup>th</sup> August 2026</b>
	<b>Travel Schedule Form</b>	
<b>Meals Form</b>		
<b>Payment of the accommodation costs (last 50%)</b>		
<b>Payment of the fine for missing judge</b>		
<b>ADDITIONAL INFORMATION</b>	Parallel Junior and Senior Competition.	

Sincerely Yours,  
TEAM APAGL



Loulé, 8 may 2026