WORKPLAN

19th LOULÉ CUP

8th to 10th October, 2026
Loulé (Algarve)
PORTUGAL

All info: https://www.apagl.pt/loule-cup/

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1. GENERAL INFORMATION

This Work Plan has been developed in accordance with the FGP, FIG/WG and EG regulations and rules. It is based on the entries, as received by the Organizing Committee on/ or before 17th September 2026.

2. ORGANISING COMMITTEE

Marta Martins	LOC President
Fábio Viegas/Rute Simão	Technical Directors
Marta Dias/Paulo Dias & catering	Accreditation, secretariat
Paula Gomes/Reinaldo Barreira	Floor manager
Reinaldo Barreira	Accomodation
Rui Martins	Transportation
Marco Gonçalves/Vidalgym	Equipment
Rúben Pereira	Data and IT support
Carla Campina/Luísa Luís/Tiago Mendes	Bar
Ana Rita Matoso	Lost & Found

3. FGP OFFICIALS

Luís Arrais	President
Teresa Loureiro	Executive Director
João Marques	National Technical Director

4. ORGANISING COMMITTEE ADDRESS

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

☎: 00351 932 895 679 & 00351 965553566
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/WG 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** is 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/WG rules

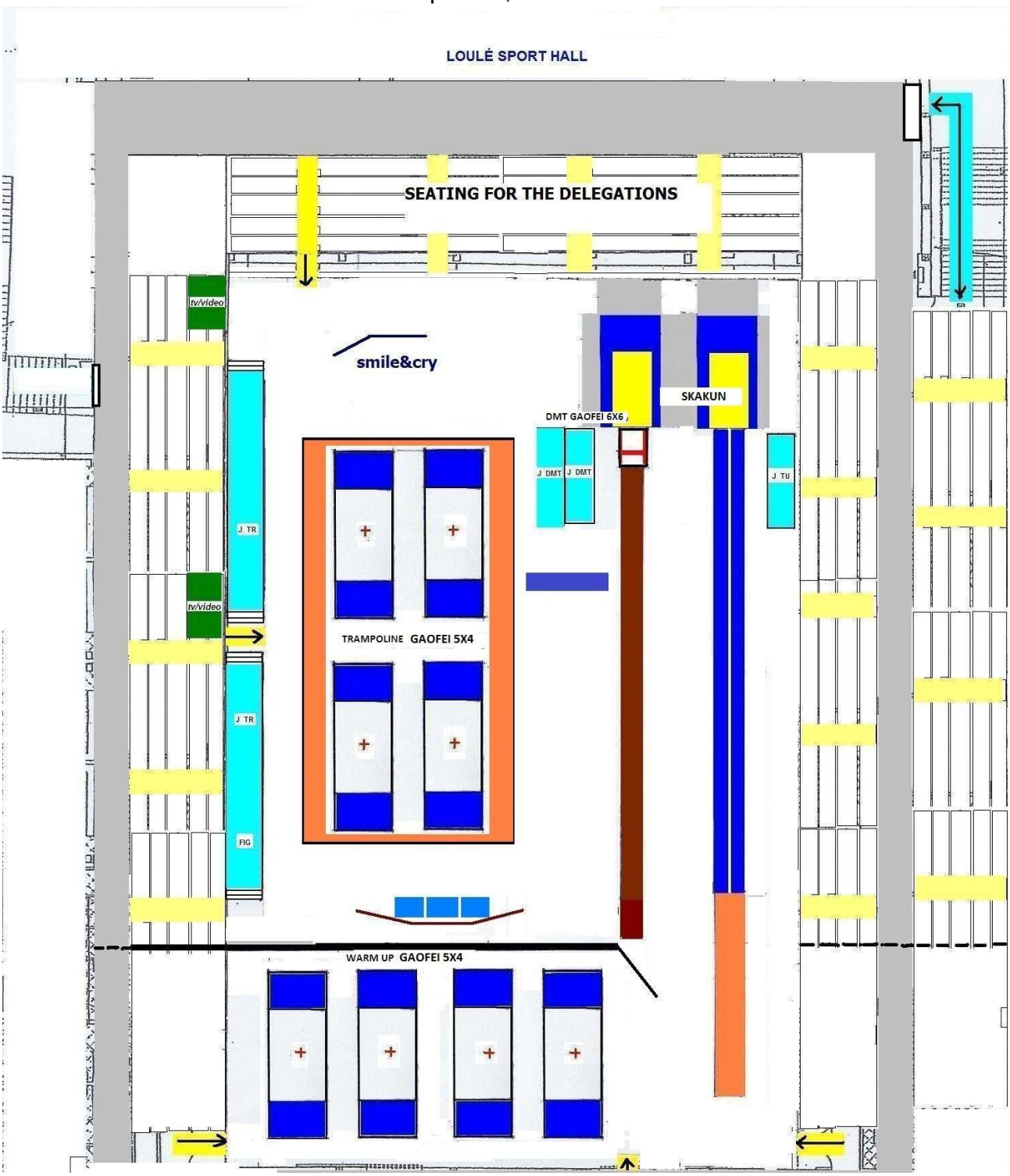
"Inadequate publicity that does not namely respect sports ethics and the human rights is not permitted on clothes."

11. COMPETITION CARDS

All the Competition Cards should be written in FIG/WG terminology. Deadline to return Competition Cards is Thursday, 8th October 2026 / **10H00** – at the Secretariat.

12. GENERAL PROGRAMME

Loulé Cup – TR, DMT & TU



19th LOULÉ CUP

DMT/TRA	All	Wednesday | 7th October 2026						
Warm-up	Line-up	Start	End	TRA 1	TRA 2	DMT 1	DMT 2	TU
		10h00	22h00	Free training				

DMT/TRA	All	Thursday | 8th October 2026						
Warm-up	Line-up	Start	End	TRA 1	TRA 2	DMT 1	DMT 2	TU
		08h00	10h00	Free training				
		10h15	10h45	Orientation meeting				
		11h00	11h30	Judges meeting				
12h40	13h25	13h30	14h20		13-14 F G1		U13 F G1	
13h30	14h15	14h20	15h10	SEN F G1	13-14 F G2		U13 F G2	
14h20	15h05	15h10	16h00	SEN F G2	13-14 F G3	JUN M G1	U13 F G3	SEN F G1
15h10	15h55	16h00	16h50	SEN F G3	13-14 F G4	JUN M G2	U13 F G4	SEN F G2
16h00	16h45	16h50	17h40	SEN F G4	13-14 F G5	JUN M G3	U13 F G5	SEN F G3
		17h40	17h50	Break (10 minutes)				
17h00	17h45	17h50	18h40	SEN M G1	U13 M G1		U13 F G6	JUN F G1
17h50	18h35	18h40	19h30	SEN M G2	U13 M G2	SEN F G1	U13 F G7	JUN F G2
18h40	19h25	19h30	20h20	SEN M G3	U13 M G3	SEN F G2	U13 F G8	JUN F G3
19h30	20h15	20h20	21h10	SEN M G4	U13 M G4	SEN F G3	U13 F G9	13-14 M G1
20h20	21h05	21h10	22h00				U13 F G10	

DMT/TRA	All	Friday | 9th October 2026						
Warm-up	Line-up	Start	End	TRA 1	TRA 2	DMT 1	DMT 2	TU
		08h00	08h50	Free training (only competition area)				
08h10	08h55	09h00	09h50	13-14 M G1	U13 F G1	JUN F G1		JUN M G1
09h00	09h45	09h50	10h40	13-14 M G2	U13 F G2	JUN F G2	U13 M G1	JUN M G2
09h50	10h35	10h40	11h30	13-14 M G3	U13 F G3	JUN F G3	U13 M G2	U13 F G1
10h40	11h25	11h30	12h20	JUN M G1	U13 F G4	SEN M G1	U13 M G3	U13 F/M G2
11h30	12h15	12h20	13h10	JUN M G2	U13 F G5	SEN M G2	U13 M G4	SEN M G1
12h20	13h05	13h10	14h00	JUN M G3	U13 F G6	SEN M G3	13-14 F G1	SEN M G2
		14h00	15h00	Break (60 minutes)				
14h10	14h55	15h00	15h50	JUN F G1	U13 F G7	13-14 M G1	13-14 F G2	13-14 F G1
15h00	15h45	15h50	16h40	JUN F G2	U13 F G8	13-14 M G2	13-14 F G3	13-14 F G2
15h50	16h35	16h40	17h30	JUN F G3	U13 F G9		13-14 F G4	13-14 F G3
16h40	17h25	17h30	18h20	JUN F G4			13-14 F G5	
		18h20	19h00	Team Awards (40 minutes)				
18h25	18h55	19h00	19h35	**Q2 SEN F G1**		**Q2 SEN M G1**		
19h00	19h30	19h35	20h10	**Q2 SEN F G2**		**Q2 SEN M G2**		
19h35	20h05	20h10	20h45	**Q2 SEN M G1**				
20h10	20h40	20h45	21h20	**Q2 SEN M G2**				

DMT/TRA	All	Saturday | 10th October 2026						
Warm-up	Line-up	Start	End	TRA 1	TRA 2	DMT 1	DMT 2	TU
		08h00	09h20	Free training				
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	14h15	Award ceremonies & Break (85 minutes)				
		12h50	14h15					
13h40	14h10	14h15	15h05					**SEN F**
14h30	15h00	15h05	15h55			**SEN F**	**U13 F**	**SEN M**
15h20	15h50	15h55	16h45			**SEN M**	**U13 M**	**JUN F**
16h10	16h40	16h45	17h35	**SEN F**	**13-14 F**			**JUN M**
17h00	17h30	17h35	18h25	**SEN M**	**13-14 M**			
		18h30		Award ceremonies				

13. ORIENTATION MEETING

The Orientation Meeting for the Head of Delegations and Coaches will take place Thursday, 8th October 2026, in the Sports Hall at **10H15**.

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 10h00;
- **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 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).

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 the two reserves will be available online (sportech.io) after the Qualifications.

23. JUDGES MEETING

The **judges meeting**, which is compulsory for all judges, will take place on Thursday, 23rd October 2026, at the Sports Hall at **11H00.**

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 (sporttech.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 on a regular basis.

29. BANQUET AND FAREWELL PARTY

A banquet and farewell party will be arranged at Restaurant “O Museu” – 8100-095 Boliqueime.

ASSOCIAÇÃO DE PAIS E AMIGOS DA GINÁSTICA DE LOULÉ

Loulé, 18th September 2026 Loulé Cup OC 2026