



10th INTERNATIONAL "CASCAIS BEACH CUP"  
COMPETITION  
TRA, DMT & TUM  
Cascais, Portugal (POR)  
01<sup>st</sup> to 3<sup>rd</sup> May 2026



## DIRECTIVES

Event ID: **XXXX**

Dear FIG affiliated Member Federation,

The Gymnastics Federation of Portugal has the pleasure to invite your Federation, Club, District, or Regional Associations, to participate in the aforementioned official FIG International Event

<b>DISCIPLINE</b>	<b>Trampoline Gymnastics.</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> website: <a href="http://www.ginastica.org">www.ginastica.org</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>GSC – CASCAIS BEACH CUP</b> <b>Rua Plácido Abreu, nº 70</b> 2775 Carcavelos Portugal Name: Davide Dias Mobile: +351 918 224 384 E-mail: <a href="mailto:geral@beachcup.pt">geral@beachcup.pt</a> Website: <a href="http://www.beachcup.pt">www.beachcup.pt</a> <a href="http://www.gscarcavelos.org">www.gscarcavelos.org</a>
<b>LOCATION</b>	<b>Colégio Maristas de Carcavelos Sport Centre, Cascais – Portugal</b>
<b>DATE</b>	<b>From 01<sup>st</sup> to 03<sup>rd</sup> May 2026</b>
<b>VENUE</b>	<b>Colégio Maristas de Carcavelos Sport Centre</b> Av. Maristas 175, 2775-243 Parede / Portugal
<b>APPARATUS SUPPLIER</b>	Trampoline – Eurotramp – Ultimate 4x4, FIG ID: 610; Double Mini-Trampoline - Eurotramp - Ultimate DMT 6x6, FIG ID: 493; Tumbling Track – Skakun Original 2014, FIG ID: 465
<b>RULES AND REGULATIONS</b>	The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives: <ul style="list-style-type: none"><li>• Statutes</li><li>• Code of Ethics</li><li>• Code of Conduct</li><li>• Technical Regulations</li><li>• Code of Discipline</li><li>• Code of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li><li>• License rules</li><li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li><li>• Medical Organization of FIG Competitions and Events</li><li>• Media Guidelines</li><li>• Apparatus Norms</li><li>• Rules for Sanctioning (approval) of International Events</li><li>• Rules for Advertising and Publicity</li><li>• Rules for Awards Ceremonies</li></ul>

	<ul style="list-style-type: none"> <li>• Accreditation Rules <i>and subsequent decisions of the FIG Executive Committee</i></li> </ul> <p><b>SPECIFIC RULES</b>  <b>Individual Trampoline, Double Mini-Trampoline and Tumbling – Junior</b> - Following Junior WAGC rules;  <b>OPEN</b> - Following FIG Senior rules.</p>						
<b>FEDERATIONS INVITED</b>	The “Cascais Beach 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.						
<b>AGE LIMITS</b>	Junior: as per FIG technical regulations Open Senior: as per FIG technical regulations <b>All gymnasts must have a valid FIG licence until the end of the event.</b>						
<b>JUDGES AND JURIES</b>	<p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</b></p> <p>It is compulsory that the participating Delegations to include in their delegation at least one (1) judge with FIG current valid brevet. The number of judges to be presented by the delegation is determined by the <b>total number of entries in all apparatus:</b></p> <ul style="list-style-type: none"> <li>• 2 to 10 entries = 1 judge</li> <li>• 11 to 20 entries = 2 judges</li> <li>• 21 to 35 entries = 3 judges</li> <li>• 36 or more entries = 4 judges</li> </ul> <p>The Clubs, Associations or Federations that don't oblige by the established rules relating to the disposability of judges will be penalized with the payment of <b>450 Euros</b> (four Hundred fifty Euros) for each missing judge. The non-payment of the penalization will implicate 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 judge's meetings.  <b>Note:</b> Transport, accommodation and meals of the judges of each delegation are of the respective delegation's responsibility.</p>						
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td><b>Provisional Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b> All Delegations that send their Provisional Registration (Declarations of Interest).</td> <td>15th December 2025</td> </tr> <tr> <td><b>Definitive Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b></td> <td>4th February 2026</td> </tr> <tr> <td><b>Nominative Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b></td> <td>20th February 2026</td> </tr> </table>	<b>Provisional Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b> All Delegations that send their Provisional Registration (Declarations of Interest).	15th December 2025	<b>Definitive Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b>	4th February 2026	<b>Nominative Registration (On-line, <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b>	20th February 2026
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<b>ENTRY FEES</b>	<p>The cost for the entry fee is <b>€20</b> (twenty euros) per gymnast in Individual Trampoline, tumbling or Double-mini Trampoline,  <b>€35</b> (thirty-five euros) per gymnast that apply for two apparatus.  <b>€50</b> (fifty-euros) per gymnast that apply for three apparatus.  The entries for the Team Competition are free of charge  <b>Entries will be considered on a first come first served basis.</b>  <b>Entry (Use online entry or Forms on <a href="http://www.beachcup.pt">www.beachcup.pt</a>)</b></p>						
<b>ACCREDITATION</b>	<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>NOTE:</b> The LOC will be responsible for Checking the validity of the gymnast' Licenses. No gymnasts will be accepted without a valid License at the deadline of the Nominative Registration and until the end of the event.</p> <p>The LOC will distribute information regarding the gymnasts' safeguarding plan</p>
<b>EVENT FORMAT</b>	<p><b>PARTICIPANTS</b></p> <p>The "Cascais Beach 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>The Trampoline International Competition will consist of <b>Individual Trampoline, Tumbling</b> and <b>Double Mini-Trampoline</b> with Qualifications and Finals.</p> <p>Each gymnast can only participate in one group in each of the classes.</p> <p><b>Participation in the Qualifications:</b></p> <ul style="list-style-type: none"> <li>• All competitors must take part in the qualifications.</li> <li>• In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.</li> </ul> <p><b>FINALS</b></p> <p>FIG rules for qualifying for semi-finals, if applicable, and for finalists. Tie-breaking rules as per FIG/WAGC in valid Code of Points.</p> <p><b>Team</b></p> <p>The teams ranked in 1st, 2nd and 3rd place in the team competition will receive a trophy.</p> <p>The top 3 final results, from elements of the same team, in Individual Competition obtained at the Qualifying round will be added together to get a total score and determinate the team ranking.</p> <p><b>There are no team final.</b></p> <p>Each Club may register more than one Team.</p> <p>The constitution of the Team cannot be changed in any of the APPARATUS and will be defined until the moment of nominative registration.</p>
<b>PROVISIONAL SCHEDULE</b>	<p><u>Thursday, 30<sup>th</sup> April</u></p> <p>All Day – Arrival of Delegations. Free training – time to be defined Handing of competition cards Orientation Meeting TR, DMT and TUM Judges Meeting</p> <p><u>Friday, 01<sup>st</sup> May</u></p> <p>Qualifying Rounds – TRI/DMT/TUM</p> <p><u>Saturday, 02<sup>nd</sup> May</u></p> <p>Qualifying Rounds – TRI/DMT/TUM Finals – TRI/DMT/TUM</p> <p><u>Sunday, 03<sup>rd</sup> May</u></p> <p>Finals – TRI/DMT/TUM</p> <p>Monday, 04<sup>th</sup> May</p> <p>All day – Departure of Delegations</p>
<b>EVENT MANAGER</b>	<p>Davide Dias Mobile: +351 918 224 384 e-mail: <a href="mailto:geral@beachcup.pt">geral@beachcup.pt</a></p>
<b>MEDICAL SERVICES</b>	<p>The <del>Organizing Committee</del> LOC will provide a first aid medical service and emergency medical transportation in the competition / training area during the whole competition.</p>
<b>VISA</b>	<p>If any delegation requires a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by e-mail (<a href="mailto:geral@beachcup.pt">geral@beachcup.pt</a>)</p>

	<p>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>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>								
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>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 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. Please also refer to <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> for additional information regarding the FIG IMSSA insurance for Athletes and Judges. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.</p>								
<b>SAFEGUARDING</b>	<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>								
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The members of the invited participants must pay for their international transportation.</p> <p>The Travel Schedule Form must be returned to the LOC by e-mail (<a href="mailto:geral@beachcup.pt">geral@beachcup.pt</a>) as soon as possible.</p>								
<b>LOCAL TRANSPORTATION</b>	<p>The Organisers will arrange at a determined fee, from the competition see <b>Online Entry</b>, <a href="http://www.beachcup.pt">www.beachcup.pt</a>.</p>								
<b>ACCOMMODATION</b>	<p>The Organisers will arrange at a determined fee, accommodation from the competition. See <b>Online Entry</b>, <a href="http://www.beachcup.pt">www.beachcup.pt</a>.</p>								
<b>MEALS</b>	<p>The Organisers will arrange at a determined fee, meals from the competition see <b>Online Entry</b>, <a href="http://www.beachcup.pt">www.beachcup.pt</a>.</p>								
<b>SERVICES</b>	<p>For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.</p>								
<b>CANCELATION POLICY</b>	<p>Definitive entries will only be accepted with payment of:  100% of the amount of the entries (amount not refund);  Penalty for not having a Judge if that is the case (amount refunded until the 1<sup>st</sup> of April, if the missing judges are presented);  The 50% of the accommodation and meals costs must be paid until 20<sup>th</sup> of February 2026  Cancellation of accommodation from 1<sup>st</sup> march 2026 and arrival are not refundable.</p>								
<b>PRIZE MONEY</b>	<p>The Prize Money, free of any deductible taxes, will be distributed in <b>EUR</b> as follows (Individual Senior, Trampoline, Double Mini and Tumbling competition):</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Ranking</th> <th>€</th> </tr> </thead> <tbody> <tr> <td>1<sup>o</sup></td> <td>150€</td> </tr> <tr> <td>2<sup>o</sup></td> <td>100€</td> </tr> <tr> <td>3<sup>o</sup></td> <td>50€</td> </tr> </tbody> </table>	Ranking	€	1 <sup>o</sup>	150€	2 <sup>o</sup>	100€	3 <sup>o</sup>	50€
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	<p><b>Grand total of the prize Money: 600€ per apparatus</b>  Due to the possible restrictions on the number of participants, monetary awards may also undergo adaptations, namely; If there will be 16 gymnasts, or less, starting the Senior competition, it will be awarded 50% of the predicted value.</p>																			
<b>BANK ACCOUNT INFORMATION</b>	<p>All payments must be made in euros, through bank transfer to the following account:  Account Name: Grupo Sportivo de Carcavelos  Bank: Montepio Geral Bank  Agency: Carcavelos  IBAN: PT50 0036.0217.99100007699.61  Swift code: MPIOPTPL  Reference: Cascais Beach Cup 2026 (name of the Club, Association or Federation)  <b>Important Notes:</b>  1. <b>All fees relating to the bank transfers are of the responsibility of the participating delegations.</b>  2. <b>Until payment is made entries will be considered as provisional, including accommodation and meals</b>  3. <b>Proof of payment must be sent with the respective identification to: <a href="mailto:geral@beachcup.pt">geral@beachcup.pt</a></b></p>																			
<b>MARKETING</b>	FIG advertising and publicity norms must be respected																			
<b>SOCIAL MEDIA</b>	<p><b>Home-page</b>  At our home page you will get updated information about the competition <a href="http://www.beachcup.pt">www.beachcup.pt</a></p>																			
<b>WORKPLAN</b>	Detailed information about the competition will be sent to participating delegations at the middle of March																			
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<b>ADDITIONAL INFORMATION</b>	<p><b>** OTHER INFO **</b>  Age groups apart of FIG Approved Event:  <b>Parallel Age Group Competition for Ages for Trampoline, DMT and Tumbling:</b>  U10: Born in 2016 and after  U12: Born in 2014 and 2015  U14: Born in 2011 and 2013</p>																			

For additional services (special transfers, extra days accommodation, etc.) kindly do not hesitate to contact us. [geral@beachcup.pt](mailto:geral@beachcup.pt)

Sincerely Yours,

Place and date:  
Lisboa, 23<sup>th</sup> of September,  
2026



**FGP**

A handwritten signature in black ink, appearing to read 'José Soares', written in a cursive style.

Signature of the President of the  
FIG affiliated NF