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**11th INTERNATIONAL “CASCAIS BEACH CUP”
COMPETITION
INDIVIDUAL TRAMPOLINE, SYNCHRONIZED
DOUBLE MINI TRAMPOLINE and TUMBLING
(Individual and Teams)
U10, U12, U14
01st to 03rd May 2026**



**DIRECTIVES
INDIVIDUAL TRAMPOLINE, SYNCHRONIZED, DOUBLE MINI-TRAMPOLINE AND
TUMBLING**

Dear FIG Affiliated Member Federation,
The Gymnastics Federation of Portugal has the pleasure to provide information related to the organization of the **Cascais Beach Cup 2026**.
Please find herein below the Invitation letter and the directives:

DISCIPLINE	Trampoline Gymnastics
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 website: www.ginastica.org
LOCAL ORGANIZING COMMITTEE	GSC – CASCAIS BEACH CUP Rua Plácido Abreu, nº 70 2775 Carcavelos Portugal Name: Davide Dias Mobile: +351 918 224 384 E-mail: geral@beachcup.pt Website: www.beachcup.pt www.gscarcavelos.org
EVENT MANAGER	Davide Dias Mobile: +351 918 224 384 e-mail: geral@beachcup.pt
LOCATION	Colégio Maristas de Carcavelos Sport Centre, Cascais – Portugal
DATE	From 01st to 03rd May 2026
VENUE	Colégio Maristas de Carcavelos Sport Centre Av. Maristas 175, 2775-243 Parede / Portugal
APPARATUS SUPPLIED	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



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PROVISIONAL SCHEDULE

Thursday, 30th April

All Day – Arrival of Delegations.
Free training – time to be defined
Handing of competition cards
Orientation Meeting
TR, DMT and TU Judges Meeting

Friday, 01st May

Qualifying Rounds – TRI/DMT/TUM

Saturday, 02nd May

Qualifying Rounds – TRI/DMT/TUM
Finals – TRI/DMT/TUM

Sunday, 03rd May

Finals – TRI/DMT/TUM
21h30 – Banquet and Final Party
All day – Departure of Delegations

RULES AND REGULATIONS

RULES

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.

- ◆ Statutes
- ◆ Code of Ethics
- ◆ Code of Conduct
- ◆ Technical Regulations
- ◆ Code of Discipline
- ◆ Code of Points and relevant Newsletters
- ◆ General Judges' Rules
- ◆ Specific Judges' Rules for Trampoline Gymnastic
- ◆ Anti-Doping Control 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, Advertising and Publicity Rules *and subsequent decisions of the FIG Executive Committee*
- ◆ Apparatus Norms
- ◆ Rules for Sanctioning (approval) of International Events
- ◆ Regulations for Award Ceremonies
- ◆ Accreditation Rules

SPECIFIC RULES

Individual Trampoline and Synchronized

Under 10

The routine consists of 10 different elements.

Under 12

The routine consists of 10 different elements, minimal two (2) elements with 270o or more somersault rotation.

Under 14

The routine consists of 10 different elements, minimal three (3) elements with 270o or more somersault rotation.



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	<p>Double Mini-Trampoline and Tumbling Under 10 – Two routines without repetitions, tumbling 8 elements. Under 12 - Following Ag1 WAGC rules; Under 14 - Following AG2 WAGC rules;</p>
<p>AGE LIMITS</p>	<p>Age Group: SUB10: Born in 2016 and after SUB12: Born in 2014 and 2015 SUB14: Born in 2012 and 2013</p>
<p>FEDERATIONS INVITED</p>	<p>The “Cascais Beach Cup” is a International event, open to all clubs affiliated in the respective Federations as well as Representatives of National Federations, District or Regional associations.</p>
<p>ENTRY FEES</p>	<p>The cost for the entry fee is €20 (twenty euros) per gymnast in Individual Trampoline, Synchronized, tumbling or Double-mini Trampoline, €35 (thirty-five euros) per gymnast that apply for two apparatus. €50 (fifty-euros) per gymnast that apply for three apparatus.</p> <p>The entries for the Team Competition are free of charge</p> <p>Entries will be considered on a first come first served basis. Entry (Use online entry or Forms on www.beachcup.pt)</p>
<p>EVENT FORMAT</p>	<p>PARTICIPANTS The “Cascais Beach Cup” is a International event, open to all clubs affiliated in the respective Federations as well as Representatives of National Federations, District or Regional associations. The Trampoline International Competition will consist of Individual Trampoline, Synchronized, Tumbling and Double Mini-Trampoline with Qualifications and Finals. Each gymnast can only participate in one group in each of the classes.</p> <p>There is no Finals for TRS.</p> <p>Participation in the Qualifications:</p> <ul style="list-style-type: none"> • All competitors must take part in the qualifications. • In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied. <p>FINALS – Individual</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>Team The teams ranked in 1st, 2nd and 3rd place in the team competition will receive a trophy. 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>There are no team final. Each Club may register more than one Team. The constitution of the Team cannot be changed in any of the APPARATUS and will be defined until the moment of nominative registration.</p>



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<p>INSURANCE</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 (Section 1, Article 12.10) 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. 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>ACCREDITATION</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"> • Passports of all members of the delegation; • Proof of total payments; • Proof of medical insurances; <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. NOTE: <i>The Organizing Committee will be responsible for checking the validity of the gymnast's Licenses. No gymnasts will be accepted without a valid License at the deadline of the Nominative Registration and until the end of the event.</i></p>
<p>JUDGES AND JURIES</p>	<p>All judges must have a current valid brevet at the time of the event, for the respective discipline.</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 total number of entries in all apparatus:</p> <ul style="list-style-type: none"> • 2 to 10 entries = 1 judge • 11 to 20 entries = 2 judges • 21 to 35 entries = 3 judges • 36 or more entries = 4 judges <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 450 Euros (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. Note: Transport, accommodation and meals of the judges of each delegation are of the respective delegation's responsibility.</p>
<p>BANK ACCOUNT INFORMATION</p>	<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 2025 (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.</p>



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	<p>2. Until payment is made entries will be considered as provisional, including accommodation and meals</p> <p>3. Proof of payment must be sent with the respective identification to: geral@beachcup.pt</p>														
VISA	If any delegation require a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by e-mail (geral@beachcup.pt) 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														
WORK PLAN	Detailed information about the competition will be sent to participating delegations the beginning of March														
INTERNATIONAL TRANSPORTATION	The members of the invited participants must pay for their international transportation.														
ACCOMMODATION, MEALS and LOCAL TRANSPORTATION	The Organisers will arrange at a determined fee, accommodation and meals from the competition see On-line Entry , www.beachcup.pt .														
CANCELATION POLICY	<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 15th of march, if the missing judges are presented); The 50% of the accommodation and meals costs must be paid until 1st of February 2026 Cancellation of accommodation from 1st march 2025 and arrival are not refundable.</p>														
MARKETING	FIG advertising and publicity norms must be respected.														
SOCIAL MEDIA	<p>Home-page At our home page you will get updated information about the competition www.beachcup.pt</p>														
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.														
DEADLINES	<table border="1"> <tr> <td>Provisional Registration (On-line, www.beachcup.pt) All Delegations that send their Provisional Registration (Declarations of Interest).</td> <td>15th December 2025</td> </tr> <tr> <td>Definitive Registration (On-line, www.beachcup.pt)</td> <td>4th February 2026</td> </tr> <tr> <td>Nominative Registration (On-line, www.beachcup.pt)</td> <td>20th February 2026</td> </tr> <tr> <td>Accommodation Form (On-line, www.beachcup.pt)</td> <td>20th February 2026</td> </tr> <tr> <td>Travel Schedule Form (On-line, www.beachcup.pt)</td> <td>20th February 2026</td> </tr> <tr> <td>Meals Form (On-line, www.beachcup.pt)</td> <td>20th February 2026</td> </tr> <tr> <td>Payment 100% of the Entry Fee</td> <td>4th February 2026</td> </tr> </table>	Provisional Registration (On-line, www.beachcup.pt) All Delegations that send their Provisional Registration (Declarations of Interest).	15 th December 2025	Definitive Registration (On-line, www.beachcup.pt)	4 th February 2026	Nominative Registration (On-line, www.beachcup.pt)	20 th February 2026	Accommodation Form (On-line, www.beachcup.pt)	20 th February 2026	Travel Schedule Form (On-line, www.beachcup.pt)	20 th February 2026	Meals Form (On-line, www.beachcup.pt)	20 th February 2026	Payment 100% of the Entry Fee	4th February 2026
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	Payment of the fine for missing judge	20 th February 2026, amount refunded until the 1 st of april, if the missing judges are presented.
	Payment 50% of the Transportation, Accommodation and Meals Costs	20st February 2026 Cancellation of accommodation from 1 st march 2026 and arrival are not refundable.
Penalty for non-compliance with the nomination deadline will be 50€ per club.		

Sincerely Yours,
Team GSC
Carcavelos, 30.12.2025