



14<sup>th</sup> International Competition Individual and Team - Trampoline, Double Mini-Trampoline and Tumbling



**14th INTERNATIONAL "LOULÉ CUP" COMPETITION  
INDIVIDUAL TRAMPOLINE,  
DOUBLE MINI TRAMPOLINE and TUMBLING  
(Individual and Teams)  
U13 and 13-14  
11<sup>th</sup> and 12<sup>th</sup> October 2019**

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

Please find herein below the Invitation letter and the directives:

|                                   |   |
|-----------------------------------|---|
| <b>DISCIPLINE</b>                 | Trampoline Gymnastics<br>Tumbling<br>DMT  |
| <b>HOST FEDERATION</b>            | Federação de Ginástica de Portugal<br>Estrada da Luz, nº 30A 1600-159 Lisboa / Portugal<br>Tel: +351 21 814 1145<br>Fax: +351 21 814 2950<br>e-mail: <a href="mailto:gympor@gympor.com">gympor@gympor.com</a><br>website: <a href="http://www.gympor.com">www.gympor.com</a>                            |
| <b>LOCAL ORGANIZING COMMITTEE</b> | APAGL - Loulé Cup<br>Apartado 264<br>8100 Loulé<br>Portugal<br>Name: Pedro Fernandes<br>Mobile: +351 911932360, +351 967957337 / +351 961261522<br>E-mail: <a href="mailto:loulecup@apagl.pt">loulecup@apagl.pt</a><br>Website: <a href="http://www.apagl.pt">www.apagl.pt</a>                          |
| <b>LOCATION</b>                   | Loulé Municipal Sport Centre, City of Loulé – Algarve – Portugal  |
| <b>DATE</b>                       | 11 <sup>th</sup> and 12 <sup>th</sup> October 2019  |
| <b>VENUE</b>                      | Loulé Municipal Sports Hall<br>Ap 264 8100 Loulé / Portugal   |
| <b>APPARATUS SUPPLIED</b>         | To be Defined   |
| <b>PROVISIONAL SCHEDULE</b>       | <u>Wednesday, 9<sup>th</sup> October</u><br>All Day – Arrival of Delegations.<br>Free training – time to be defined<br><br><u>Thursday, 10<sup>th</sup> October</u><br>All Day – Arrival of Delegations.<br>Handing of competition cards<br>Head of Delegation Meeting<br>TR, DMT and TU Judges Meeting |

|                              |  |
|------------------------------|--|
|                              | <p><u>Friday, 11<sup>th</sup> October</u><br/>Qualifying Rounds – TRI/DMT/TU<br/>Finals Teams</p> <p><u>Saturday 12<sup>th</sup> October</u><br/>Qualifying Rounds – TRI/TU<br/>Finals – TRI/DMT/TU<br/>Closing Ceremony<br/>21h30 – Banquet and Final Party</p> <p><u>Sunday, 13<sup>th</sup> October</u><br/>All day – Departure of Delegations</p>  |
| <b>RULES AND REGULATIONS</b> | <p><b>RULES</b><br/>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.</p> <ul style="list-style-type: none"> <li>◆ Statutes</li> <li>◆ Technical Regulations</li> <li>◆ Code of Points and relevant Newsletters</li> <li>◆ General Judges' Rules</li> <li>◆ Specific Judges' Rules</li> <li>◆ Doping Control Rules</li> <li>◆ Licence Rules</li> <li>◆ Media Rules</li> <li>◆ Apparatus Norms</li> <li>◆ FIG Rules for Sanctioning (approval) of International Events</li> <li>◆ Advertising and Publicity Rules</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>  |
| <b>FEDERATIONS INVITED</b>   | <p>The “Loulé 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>   |
| <b>AGE LIMITS</b>            | <p>Individual Trampoline * Double Mini Trampoline * Tumbling</p> <p>U13 – born in 2007 and after<br/>13-14: 2005-2006</p>  |
| <b>ENTRY FEES</b>            | <p>The cost for the entry fee is € 20 (twenty euros) per gymnast per class.</p> <p><b>Entries will be considered on a first come first served basis.</b><br/><b>Entry (Use ON-Line entry or Forms on <a href="http://www.apagl.pt">www.apagl.pt</a>)</b></p>   |
| <b>EVENT FORMAT</b>          | <p><b>PARTICIPANTS</b></p> <p>The “Loulé 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>Each gymnast can only participate in one group in each of the classes.</p> <p><b>FINALS – Individual</b><br/>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 total score from the qualifications of zero. <b>The Final competition starts from zero.</b> The tie-break rules do not apply.</p> |

## FINALS - Team

Team Competition will have a new format and it will be defined as soon as possible.

## Difficulty limits

### Individual Trampoline

U13 and 13-14(Male/Female) –

\* 10 different technical elements;

\* 5 elements with minimum 270° somersault.

### Double Mini Trampoline

\*13-14 years – One skill must have at least 360° of somersault rotation.

### Tumbling

\*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.

## INSURANCE

The Host Federation and the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.

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.

## ACCREDITATION

Delegation accreditation will take place upon arrival. For accreditation, Heads of the Delegations are required to bring the following documents:

- 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.

**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 at the deadline of the Nominative Registration and until the end of the event.

## JUDGES AND JURIES

It is compulsory that the participating Delegations bring 1 (one) judge for every 8 competitors (2-8 = 1 Judge, 9-16 = 2 Judges, 17-24 = 3 Judges, 25 or more = 4 Judges. 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 300 Euros (Three Hundred 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 judges meetings.

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

## BANK ACCOUNT

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

|   |   |   |                            |  |                            |   |                              |   |                            |   |                              |   |                              |                          |                            |                                    |   |
|---|---|---|----------------------------|--|----------------------------|---|------------------------------|---|----------------------------|---|------------------------------|---|------------------------------|--------------------------|----------------------------|------------------------------------|---|
| <b>INFORMATION</b>  | <p>Account Name: APAGL<br/> Bank: Caixa Geral de Depósitos<br/> Agency: Loulé<br/> IBAN: PT50003503990006694573010<br/> Swift code: CGDIPTPL<br/> Reference: Loulé Cup 2019 (name of the Club, Association or Federation)</p> <p><b>Important Notes:</b></p> <ol style="list-style-type: none"> <li><b>All fees relating to the bank transfers are of the responsibility of the participating delegations.</b></li> <li><b>Until payment is made entries will be considered as provisional, including accommodation and meals</b></li> <li><b>Proof of payment must be sent with the respective identification to:</b><br/> <a href="mailto:loulecup@apagl.pt">loulecup@apagl.pt</a></li> </ol>   |   |                            |  |                            |   |                              |   |                            |   |                              |   |                              |                          |                            |                                    |   |
| <b>DEADLINES</b>  | <table> <tr> <td>Provisional Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)<br/>All Delegations that send their Provisional Registration (Declarations of Interest) until the defined date will get a 10% discount on the entries.</td><td>17<sup>th</sup> June 2019</td></tr> <tr> <td>Definitive Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)</td><td>15<sup>th</sup> July 2019</td></tr> <tr> <td>Nominal Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)</td><td>31<sup>st</sup> August 2019</td></tr> <tr> <td>Accommodation Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)</td><td>15<sup>th</sup> July 2019</td></tr> <tr> <td>Travel Schedule Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)</td><td>31<sup>st</sup> August 2019</td></tr> <tr> <td>Meals Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a>)</td><td>31<sup>st</sup> August 2019</td></tr> <tr> <td>Payment of the Entry Fee</td><td>15<sup>th</sup> July 2019</td></tr> <tr> <td>Payment of the Accommodation Costs</td><td>Definitive entries will only be accepted with payment of:<br/>100% of the amount of the entries (amount not refund);<br/>Penalty for not having a Judge if that is the case (amount refunded until the 1<sup>st</sup> September) and 50% of the amount of the accommodation/meals, when requested;<br/>The remaining 50% of the accommodation costs must be paid by 15<sup>th</sup> September 2019 or <i>to be paid upon Accreditation in Cash (euros)</i>;<br/>Cancellation of accommodation between 2<sup>nd</sup> September and 20<sup>th</sup> September 2019, will be subject to a charge of 50€ per person.<br/>Cancellation of accommodation between 20<sup>st</sup> September 2019 and arrival are not refundable.</td></tr> </table> | Provisional Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> )<br>All Delegations that send their Provisional Registration (Declarations of Interest) until the defined date will get a 10% discount on the entries. | 17 <sup>th</sup> June 2019 | Definitive Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> ) | 15 <sup>th</sup> July 2019 | Nominal Registration (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> ) | 31 <sup>st</sup> August 2019 | Accommodation Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> ) | 15 <sup>th</sup> July 2019 | Travel Schedule Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> ) | 31 <sup>st</sup> August 2019 | Meals Form (On-line, <a href="http://www.apagl.pt">www.apagl.pt</a> ) | 31 <sup>st</sup> August 2019 | Payment of the Entry Fee | 15 <sup>th</sup> July 2019 | Payment of the Accommodation Costs | Definitive entries will only be accepted with payment of:<br>100% of the amount of the entries (amount not refund);<br>Penalty for not having a Judge if that is the case (amount refunded until the 1 <sup>st</sup> September) and 50% of the amount of the accommodation/meals, when requested;<br>The remaining 50% of the accommodation costs must be paid by 15 <sup>th</sup> September 2019 or <i>to be paid upon Accreditation in Cash (euros)</i> ;<br>Cancellation of accommodation between 2 <sup>nd</sup> September and 20 <sup>th</sup> September 2019, will be subject to a charge of 50€ per person.<br>Cancellation of accommodation between 20 <sup>st</sup> September 2019 and arrival are not refundable. |
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| Payment of the Entry Fee  | 15 <sup>th</sup> July 2019  |   |                            |  |                            |   |                              |   |                            |   |                              |   |                              |                          |                            |                                    |   |
| Payment of the Accommodation Costs  | Definitive entries will only be accepted with payment of:<br>100% of the amount of the entries (amount not refund);<br>Penalty for not having a Judge if that is the case (amount refunded until the 1 <sup>st</sup> September) and 50% of the amount of the accommodation/meals, when requested;<br>The remaining 50% of the accommodation costs must be paid by 15 <sup>th</sup> September 2019 or <i>to be paid upon Accreditation in Cash (euros)</i> ;<br>Cancellation of accommodation between 2 <sup>nd</sup> September and 20 <sup>th</sup> September 2019, will be subject to a charge of 50€ per person.<br>Cancellation of accommodation between 20 <sup>st</sup> September 2019 and arrival are not refundable.   |   |                            |  |                            |   |                              |   |                            |   |                              |   |                              |                          |                            |                                    |   |
| <b>VISA</b>   | <p>If any delegation require a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by e-mail (<a href="mailto:loulecup@apagl.pt">loulecup@apagl.pt</a>) 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>  |   |                            |  |                            |   |                              |   |                            |   |                              |   |                              |                          |                            |                                    |   |

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| <b>WORK PLAN</b>   | Detailed information about the competition will be sent to participating delegations the beginning of September.  |
| <b>INTERNATIONAL TRANSPORTATION</b>                      | The members of the invited participants 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 the 7<sup>th</sup> October to 13<sup>th</sup> October, see <b>On-line Entry</b>, <a href="http://www.apagl.pt">www.apagl.pt</a></p> <p><b>The costs is per person/night and includes (Package):</b></p> <ul style="list-style-type: none"> <li>- Room</li> <li>- Breakfast (Hotel) + lunch + dinner</li> <li>- Banquet</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 ****</b><br/>The costs in this hotel are as follows (the costs is per person/night):<br/>€ 135 (single room)<br/>€ 100 (double room)</p> <p><b>B - Hotel ***</b><br/>The costs in this hotel are as follows (the costs is per person/night):<br/>€ 100 (single room)<br/>€ 80 (double or triple room)</p> <p><b>C - Low Cost Hotel</b><br/>The costs in this low cost hotel are as follows (the costs is per person/night):<br/>€ 80 (single room)<br/>€ 60 (double, Triple or Quadruple room)</p> <p>The hotel rooms will be allocated on a “first come, first serve” basis.<br/>At the time of the <b>Definitive registration</b> 50% of the accommodation costs must be paid to the OC.<br/>The remaining 50% of the accommodation costs must be paid by 4th October or to be paid upon Accreditation in Cash (euros).</p> |
| <b>ONLY MEALS</b><br>(from 26th October to 29th October) | <p>Cost of each meal per person (Lunch and Dinner) – 10 euros</p> <p>Cost of each meal per person acquired on accreditation (Lunch or Dinner) – 12 euros</p> <p>Cost of banquet and final party per person – 40 euros</p> <p>Cost of banquet and final party acquired on accreditation - 45 euros</p>   |
| <b>CANCELTION POLICY</b>                                 | <p>Definitive entries will only be accepted with payment of:<br/>100% of the amount of the entries (amount not refund);<br/>Penalty for not having a Judge if that is the case (amount refunded until the 1<sup>st</sup> of September) and 50% of the amount of the accommodation/meals, when requested;<br/>The remaining 50% of the accommodation costs must be paid by 15<sup>th</sup> of September 2019 or <i>to be paid upon Accreditation in Cash (euros)</i>;<br/>Cancellation of accommodation between 31<sup>st</sup> August and 20<sup>th</sup> September 2019, will be subject to a charge of 50€ per person.<br/>Cancellation of accommodation between 20<sup>th</sup> September 2019 and arrival are not refundable.</p>   |
| <b>SOCIAL MEDIA</b>                                      | <p><b>Home-page</b><br/>At our home page you will get updated information about the competition – <a href="http://www.apagl.pt">www.apagl.pt</a></p>  |



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|                         |   |
|-------------------------|---|
| <b>MEDICAL SERVICES</b> | The Organizing Committee will provide a first aid medical service and emergency medical transportation in the competition / training area during the whole competition. |
| <b>SERVICES</b>         | For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.   |