



GRUPO SPORTIVO DE CARCAVELOS
IS PLEASED TO **INVITE YOU**
TO THE **10th CASCAIS BEACH CUP**



25 · 27 APRIL

CARCAVELOS · PORTUGAL

INTERNATIONAL COMPETITION INDIVIDUAL,
SYNCHRONIZED AND TEAMS

TUMBLING, TRAMPOLINE E DOUBLE MINI TRAMPOLINE



INVITATION

CASCAIS BEACH CUP 2025

Grupo Sportivo de Carcavelos is pleased to invite you to the **10th Edition** of the **Cascais Beach Cup** which will take place on the **25th to 27th April 2025**.

After another success in the last edition, we intend to further improve the quality of the competition. In the **9th edition**, we had **600 gymnasts** who, with their participation, raised this competition to the highest level.

We maintained international membership for thirty-four different clubs.

One of our main goals is to provide all gymnasts, with their participation in this event, the possibility of enhancing their international participation; to create experiences and learning, both with the gymnasts and with their coaches and provide initiatives that satisfy all those involved. We count on your dissemination and participation in another great competition organized in Portugal, given the importance of attracting gymnasts from other countries.

Best Regards and Welcome to Cascais,
Cascais, December 30th, 2024

The President of Organization Committee

Davide Dias



REGULATION

TRI · TRS · DMT · TUM

**INTERNATIONAL COMPETITION INDIVIDUAL,
SYNCHRONIZED AND TEAMS**

25 · 27 APRIL

CARCAVELOS · PORTUGAL



GRUPO SPORTIVO DE CARCAVELOS

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CASCAIS



ORGANIZATION

**ORGANIZING
COMITÉ**

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**HOST
FEDERATION**

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Website: www.ginastica.org

FIG Fédération Internationale de Gymnastique (FIG)

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Tel: (+41) 213 215 510

Fax: (+41) 213 215 519

E-mail : info@fig-gymnastics.org

Website: www.fig-gymnastics.com



CASCAIS



■ APPARATUS

TRAMPOLIM

EUROTRAMP

DMT

EUROTRAMP

TUMBLING

SKAKUN ORIGINAL

■ REGISTRATION FEES

- **€20,00** (twenty euros) per gymnast participating in one apparatus (DMT, TRA or TUM)
- **€35,00** (thirty five euros) if participate in two apparatus.
- **€50,00** (fifty euros) if participate in all apparatus.
- The entries for the Team Competition are free of charge

■ DEADLINES PAYMENTS FEES

- **February 4, 2025** – Payment of 100% Entries Fees;
- **February 20, 2025** – Payment of 50% Fees of Meals, Accommodations and Transportation;
- **February 20, 2025** – Payment of the penalty fees for missing judges
(this value will be return if, until **April 1**, the missing judges are presented)
and the rest 50% of Meals, Accommodations and Transportation;

Send your entries as soon as possible to:

Grupo Sportivo de Carcavelos – Cascais Beach CUP 2025

Email: geral@beachcup.pt

Account name:	Grupo Sportivo de Carcavelos
Bank:	Montepio Geral Bank
Agency:	Carcavelos
IBAN:	PT50.0036.0217.99100007699.61
Reference:	Cascais Beach Cup 2024

NOTE: Attendance at the competition **will only be authorized** if all issues relating to payments, membership and sports insurance are **resolved by 12:00 on April 10, 2025**.



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REGISTRATION DEADLINES

- **January 10, 2025** – Provisional registration;
- **February 4, 2025** – Definitive registration;
- **February 20, 2025** – Nominative registration.

NOTE: Penalty for **non-compliance** with the nomination deadline will be **50€ per club**.

INSURANCE

- The participating gymnast should have a valid insurance, being the same of the gymnast's responsibility. 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.
- All National gymnasts must be affiliated with the FGP and have sports insurance valid for the day of the competition. Gymnasts must be entered into the event in Gymbase.

JUDGES

- **FIG** judges in the **17/21** and **OPEN** classes.
- The number of judges to be presented by the delegation is determined by the total number of entries in all apparatus:
 - **2 to 10** entries = **1 judge**
 - **11 to 20** entries = **2 judges**
 - **21 to 35** entries = **3 judges**
 - **36 or more** entries = **4 judges**

All judges must have a current **valid FIG brevet** at the time of the event, for the respective discipline, in the same relation, for **Open** and **17/21** classes.

The Clubs, Associations or Federations that do not oblige by the established rules relating to the disposability of judges will be penalized with the payment of **450€** (Four Hundred and 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 judges meetings.



CASCAIS



VISA

To require a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by fax or e-mail 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.

ACCOMMODATION, MEALS AND TRANSPORTATION

As in the last edition, the Organization of the Cascais Beach Cup 2025 will make proposals for Transfers, Accommodation and/or Food available to interested Entities and will disclose them to the Clubs as soon as possible, after the best conditions to be proposed have been met.

TECHNICAL PROGRAMME

The rules of the “CASCAIS BEACHCUP 2025” competition are the rules defined in the FIG Technical Regulation and the FIG Code of Points 2025-28 with the exceptions foreseen in the present regulation.

Each gymnast can only participate in one group in each of the classes.
Each gymnast can participate in em 17/21 and open.

CLASSES

U 10

Born in 2015 and after

U 12

Born in 2013 and 2014

U 14

Born in 2012 and 2011

JÚNIOR

Born in 2009 and 2012

17-21

Born between 2008 and 2004

OPEN

Born in 2008 and before

Portuguese Gymnasts

Gymnasts who wish to move up to the Elite level must meet the requirements set out in the FGP Trampoline Gymnastics Manual 2025, as well as inform the National Technical Directorate after obtaining the required grades.



CASCAIS



TRAMPOLINE

TRI (UNDER 10, UNDER 12, UNDER 14, JÚNIOR)

INDIVIDUAL COMPETITION (MALE/FEMALE)

UNDER 10

The routine consists of 10 different elements.

UNDER 12

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

UNDER 14

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

JÚNIOR

FIG - Rules for Júnior and World Age Group Competition (WAGC) 2025 – 2028

TRI (ALL CLASSES)

INDIVIDUAL COMPETITION (MALE/FEMALE)

FIG rules for qualifying for semi-finals, if applicable, and for finalists.

TRS (ALL CLASSES)

PAIR COMPETITION (MALE OR FEMALE)

- A synchronized pair consists of **two (2) women or two (2) men**.
- A gymnast may **only compete in one** synchronized pair.
- No Finals

DMT AND TUM (ALL CLASSES)

INDIVIDUAL COMPETITION (MALE/FEMALE)

FIG rules for qualifying for semi-finals, if applicable, and for finalists.



TEAM RESULTS

- The teams classified 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 obtain at Qualifying round, will be added together to get a total score and determinate the team classification.
- There are no team final
- Each Club can 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.
- If there is any doubt, the organization defines the teams and sends them for verification before the competition.

PRIZES

The **1st**, **2nd** and **3rd** classified in each individual class will receive a medal.

PRIZES MONEY OPEN CATEGORY ONLY

TRAMPOLINE INDIVIDUAL, DOUBLE-MINI TRAMPOLINE AND TUMBLING

MALE	FEMALE
1^o - 150€	1^o - 150€
2^o - 100€	2^o - 100€
3^o - 50€	3^o - 50€

NOTE: 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



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CASCAIS

