



26 - 28 MARCH 2026



LOULÉ ACRO CUP 26 - 28 MARCH 2026

📍 Almancil (Loulé), Algarve, Portugal

Pavilhão Multiusos 25 de Abril
Praça Prof. António Sousa Agostinho
8135-154 Almancil

ORGANIZATION

APAGL - Associação de Pais e Amigos da
Ginástica de Loulé

*Rua da Marroquia, 30
8100-684 Loulé, Portugal*

Contact persons:

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PROVISIONAL SCHEDULE

This schedule may be updated. All changes will be communicated to the clubs.

Thursday, 26th March 2026	<ul style="list-style-type: none"> • Accreditation • Orientation meeting/ judges meeting • Free training/ Podium training as per schedule • Qualifications (if needed)
Friday, 27th March 2026	<ul style="list-style-type: none"> • Qualifications
Saturday, 28th March 2026	<ul style="list-style-type: none"> • Finals • Award ceremony • Farewell Party
Sunday, 29th March 2026	<ul style="list-style-type: none"> • Departure of delegations

DELEGATION SIZE

Each delegation may include:

- 1 Head of delegation;
- 1 Team Manager;
- 1 Doctor;
- 1 Physiotherapist;
- Unlimited Coaches;
- Unlimited pairs/groups;
- Each delegation must be accompanied by at least one judge. If a delegation is participating with more than 20 gymnasts, it must be accompanied by at least two judges (>40 = 3 judges). Otherwise, a corresponding penalty fee of 250€ per missing judge will be due.

REGISTRATION DEADLINES AND FINANCE OBLIGATIONS

DEFINITIVE ENTRY WITH 10% DISCOUNT	<ul style="list-style-type: none"> • 5th December 2025 • All Delegations that send their Definitive Entry until the defined date will get a 10% discount on the entries (no prepayment needed at this stage)
DEFINITIVE ENTRY	<ul style="list-style-type: none"> • 16th January 2026 • Payment of the accommodation costs (first 50%) + entry fee*
NOMINATIVE ENTRY	<ul style="list-style-type: none"> • 21st February 2026 • Payment of the accommodation costs (last 50%) + Payment of the fine for missing judge(s)
TARIFF SHEET & MUSIC DEADLINE (ACROCOMPANION)	<ul style="list-style-type: none"> • 12th March 2025 • All Tariff Sheets must be made on ACROCOMPANION software and all Music files must be uploaded along with the tariff sheets in the same software • The PARTICIPANTS NUMBER will be given after the Nominative Entries

* The cost for the **entry fee** is € 25 (twenty-five euros) per gymnast.
After the definitive entry deadline, the entry fee is €30 (thirty euros) per gymnast.

Send the excel documents available in our website by each deadline to louleacrocup@gmail.com

BANK ACCOUNT INFORMATION

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

Account Name: ASSOC PAIS E AMIGOS DA GINÁSTICA DE LOULÉ

Bank: Crédito Agrícola

Agency: Loulé

IBAN: PT50 0045 7211 40308094153 07

BIC/SWIFT: CCCMPTPL

Reference: Loulé Acro Cup 2025 (followed by the 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.
2. Until payment is made, entries will be considered as provisional, including accommodation and meals
3. Proof of payment must be sent, with the respective identification, to: louleacrocup@gmail.com



ACCOMMODATION, MEALS AND LOCAL TRANSPORTATION

The Organisers will arrange, at a determined fee, accommodation and meals (from March 26th to March 29th).

The costs are per person/night and include (Package):

- Room
- Breakfast (Hotel) + lunch + dinner
- Banquet and Final Party
- Transportation from either Faro Airport or Loulé Railway station to the competition venue or hotel and back
- Transportation from the hotel to the competition venue and back.

OPTION B - HOTEL ★★★ The costs in this hotel are as follows (the costs are per person/night):		
€ 120 (single room)	€ 115 (double room)	€ 100 (triple room)

OPTION A - HOTEL ★★★★★ The costs in this hotel are as follows (the costs are per person/night):		
CATEGORY A1		
€ 170 (single room)	€ 150 (double room)	€ 130 (triple room)
CATEGORY A2		
€ 170 (single room)	€ 150 (double room)	€ 130 (quadruple room*) *2 connecting rooms

The hotel rooms will be allocated on a “first come, first serve” basis.

At the time of the definitive entry deadline, 50% of the accommodation costs must be paid to the OC.

ONLY MEALS

- Cost of each meal per person (lunch and dinner) – **13 euros**
- Cost of each meal per person acquired less than 7 days before competition start date (lunch or dinner) – **17 euros**
- Cost of banquet and final party per person – **30 euros**
- Cost of banquet and final party acquired less than 7 days before competition start date – **40 euros**

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.

The accreditation card is personal for each of the delegation members.

The accreditation card must be used at all times during the entire duration of the tournament.

TECHNICAL RULES & COMPETITION PROGRAMME

All the FIG technical rules considered valid during the period of the competition:

- Technical Regulations
- Code of Points (2025-2028)
- Youth & Juniors Rules (2025-2028)
- All the official FIG newsletter will be applied

LEVEL	AGE LIMITS	GENERAL RULES	QUALIFICATIONS	FINALS
Beginner	7 - 13	General rules below	Combined	Combined
Youth Base	8 - 16	General rules below	Combined	Combined
Open Base	10+	General rules below	Combined	Combined
Pre-Youth	10 - 16*	Rules for Pre-Youth FIG Youth & Juniors Rules	Balance + Dynamic	Defined by FIG
Youth	11 - 18*	Rules for Youth FIG Youth & Juniors Rules	Balance + Dynamic	Combined
Junior	12 - 19*	Rules for Junior FIG Youth & Juniors Rules	Balance + Dynamic	Combined
Senior	14+*	Rules for Seniors FIG	Balance + Dynamic	Combined

* Exceptionally one year below FIG minimum age to accommodate for future FIG partnerships.

BEGINNER RULES

BEGINNER		
(Requirements are based on 11-16 FIG Youth & Junior Rules)		
Combined exercise with maximum duration of 2 minutes / DIF: Máx 0.3/ No height penalty		
PAIRS	Balance elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR)	Individuals (MAX 3): 3 individuals (1SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 4 pair/group elements and 3 individuals	
GROUPS	Balance elements (MAX 1): 1 compulsory pyramid (1SR) The WG can use the pyramid from row 1, box 5 without penalty for extra elements	Individuals (MAX 3): 3 individuals (1SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 2): 1 Compulsory (1SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 3 pair/group elements and 3 individuals	

Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.

BASE RULES

YOUTH BASE (Requirements are based on 11-16 FIG Youth & Junior Rules)		
Combined exercise with maximum duration of 2 minutes / DIF: Max 0.5 / No height penalty		
PAIRS	Balance elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR)	Individuals (MAX 3): 3 individuals (3SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 6 pair/group elements and 3 individuals	
GROUPS	Balance elements (MAX 2): 1 compulsory pyramid (1SR) + 1 optional pyramid (1SR) Repetition of pyramid categories is allowed. Each pyramid must be performed as a separate construction. The WG can use the pyramid from row 1, box 5 without penalty for extra elements.	Individuals (MAX 3): 3 individuals (3SR) MIN 1 tumbling element (1SR)
	Dynamic elements (MAX 3): 2 Compulsory (2SR) + 1 Optional (1SR) One of the elements needs to be a catch (1SR) MAX 1 dismount	
	Maximum elements allowed 5 pair/group elements and 3 individuals	

Optional elements can be chosen from the compulsory tables, if they are on different rows to those used as compulsory elements.

BASE RULES

OPEN BASE (Requirements are based on 12-18 FIG Youth & Junior Rules)			
Combined exercise with maximum duration of 2 minutes / No height penalty			
PAIRS/ GROUPS	3 Balance elements (3SR)	3 individuals (3SR)	Maximum elements allowed 8 pair/group elements and 3 individuals Repetition of pyramids from the same category not allowed DIF: MIN of 0,01 and a MAX of 1,00 Minimum of 15 values in difficulty, if not 1,0 penalty
	3 Dynamic elements (3SR) One of the elements needs to be a catch (1SR) MAX 2 dismounts		

PRIZE MONEY & MEDAL AWARD CEREMONIES

BEGINNER:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

YOUTH BASE:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

OPEN BASE:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

BEGINNER + YOUTH BASE

+ OPEN BASE:

- Best Execution
- Best Artistry

PRE-YOUTH:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

YOUTH:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

JUNIOR:

- TOP 3 - WP/ MXP/ MP/ WG / MG
- TOP 3 - TEAM*

PRE-YOUTH + YOUTH + JUNIOR:

- Best Balance Score (Qualifications)
- Best Dynamic (Qualifications)

SENIOR:

- TOP 3 - WP/ MXP/ MP/ WG / MG with PRIZE MONEY**:

1st place: 100€ per gymnast

2nd place: 75€ per gymnast

3rd place: 50€ per gymnast

- TOP 3 - TEAM*

- Best Difficulty Score with PRIZE MONEY**:

150€ for the pair/group

**The teams ranking is defined by the sum of the three best qualifications scores of each delegation (per age group).*

***The Senior competition prize money awards will only be granted if all special requirements are met and if the score (sum of the qualifications and finals) is at least 79.500 Points.*

If the prize money is not claimed 1 hour before the beginning of the farewell dinner, it will no longer be due and will revert to the LouléAcroCup LOC.

Note: the prize money will only be awarded if a minimum of 3 pairs/groups effectively participate in respective category in the senior competition (e.g. 3 Senior Women Pairs for the TOP WP competition) and a minimum of 8 Senior pairs/groups for the Best Difficulty Score.

FAREWELL PARTY

All delegations that have booked their accommodation with the OC are invited to participate (without additional payment) on a Banquet and Final Party

Extra tickets will be available at the OC office at € 40 per person.

Requests for extra tickets must be made at the very latest friday, 27th March 2025.

INSURANCE

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 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.

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.

OFFICIAL HOSPITAL

Centro Hospitalar Universitário do Algarve - Hospital de Faro

R. Leão Penedo

8000-386 Faro

ADDITIONAL INFORMATION

CANCELTION POLICY

Definitive entries will only be accepted with payment of:

- 100% of the amount of the entries (amount not refundable if the competition takes place);
- Cancellation of accommodation after 26th February is not refundable.
- No entry fee refunds after the starting orders are made public.

SOCIAL MEDIA

The competition will be recorded and broadcasted in live streaming.

All participants automatically consent the use of photos and videos to LOC.

Home-page: www.apagl.pt/loule-acro-cup/

Instagram: <https://www.instagram.com/louleacrocup>

SERVICES

For additional services (special transfers, extra days accommodation etc) kindly do not hesitate to contact us.

VISA

If any delegation requires a Special Declaration/Invitation in order to obtain Visas for entry in Portugal, send information by e-mail (louleacrocup@gmail.com) as soon as possible, including a list with the complete names of all the elements of the delegation, dates of birth and respective numbers and validity of passports

SPONSORS



loulé



HOPE TO SEE YOU SOON!

