

CASCAIS BEACH CUP



Cascais Beach Cup 2019

Individual, Synchronized and Mixed Teams International
Competition
Individual and Teams

**Trampoline and Double Mini Trampoline
JUNIOR AND SENIOR**

Carcavelos, Portugal – 12th, 13th e 14th de April 2019

DIRECTIVES TRAMPOLINE, DOUBLE M issues INI-TRAMPOLINE

Grupo Sportivo de Carcavelos is pleased to invite you to the 7th Edition of Cascais Beach Cup, international competition that will be held on 12th, 13th and 14th of April 2019.

After the great success of the last Edition, it is our wish to improve even more the quality of this competition. In the 6th Edition we had over two hundred sixty gymnasts, from seven different countries, that raised this competition to a high level with their participation and excellent performances.

It is our goal to provide an opportunity to all gymnasts from World. We aim to increase international participation create experiences and learning the gymnasts and coaches and provide satisfying conditions to all participants. We want you to advertise and participate in this great competition held in Portugal.

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Event ID:

Dear FIG Affiliated Member Federation,

Following the decision of the FIG Presidential Commission, the **Portuguese Gymnastics Federation** has the pleasure to invite your Federation to participate in the afore mentioned official FIG International event.

Please find herein below the Invitation letter and the directives:

DISCIPLINE	Trampoline Gymnastics DMT
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: gympor@gympor.com website: www.gympor.com
LOCAL ORGANIZING COMMITTEE	GSC – CASCAIS BEACH CUP Rua Plácido Abreu, nº 70 2775 Carcavelos Portugal Name: Helder Andrade Mobile: +351 910172734, +351 967020744 , +351 967287015 E-mail: cascaisbeachcup@gmail.com Website: www.gscarcavelos.org
LOCATION	Lombos Sport Centre , City of Carcavelos – Cascais – Portugal
DATE	12 th , 13 th and 14 th de April 2019
VENUE	Lombos Sports Hall Rua Feitoria 2775-Carcavelos / Portugal

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REGULATION OF THE COMPETITION

Age Groups:

Competição por escalão (ÉPOCA 2018/2019), Individual, Sincronizado e por Equipas:

- *Under 10* (8, 9 e 10 years old) – born in 2009 and after)
- 11 – 12 (11 e 12 years old) – born in 2008 ou 2007)
- 13 – 14 (13 e 14 years old – born in 2006 ou 2005)
- Open Junior (13 - 16 years old – born between 2006 and 2003) Rules F.I.G-B
- Open Senior (from 17 years old – born after 2002) – Rules F.I.G.-A

Technical Program:

Individual and synchronized competition

- The Double Mini-trampoline (DMT) competition will consist in two optional routines in the Preliminaries (F1 and F2), evaluated in Execution and Difficulty; and two optional routines in the Finals (F3 and F4), evaluated in Execution and Difficulty (different from F1 and F2 without repetition of elements in the Mount / Spotter / Dismount areas).
- The Individual Trampoline (TRI) competition will be composed in the Preliminaries by a compulsory routine with mandatory requirements (F1), evaluated in Execution, Displacement and Time of Flight (and in Difficulty of four optional skills for Open Senior) and an optional routine (F2) evaluated in Execution, Displacement, Difficulty and TOF; and in the Finals by an optional routine (F3) evaluated in Execution, Displacement, Difficulty and TOF.
- The Synchronized Trampoline (TRS) competition will consist in an optional routine (F2), evaluated in Execution, Difficulty and Synchronization. The pairs can be formed with gymnasts of the same sex or mixed (Female and Male)
 - All categories will be evaluated in TOF..
 - The individual classification of DMT in the Preliminaries will be the sum of F1 and F2 scores. The individual classification of DMT in the Finals will be the sum of Preliminaries + F3 and F4 scores.
- The individual classification of TRI in the Preliminaries will be the sum of F1 and F2 scores. The individual classification of TRI in the Finals will be the sum of preliminaries + F3 score
- The classification for TRS will be the F2 score in preliminaries..



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Requirements:

DMT - no requirements;

TRS – no requirements;

TRI – mandatory requirements for the compulsory routine (F1).

Under 10

- 1 skill to front or to back
- 1 skill with a minimum of 270° somersault rotation;

11 – 12

- 2 skills with a minimum of 270° somersault rotation.

13 – 14

- 3 skills with a minimum of 270° somersault rotation.

Open Junior

- FIG B

Open Senior

- FIG A

- Notes:

Individual classification will be mixed if the minimum number of 20 gymnasts per age group and gender is not exceeded.

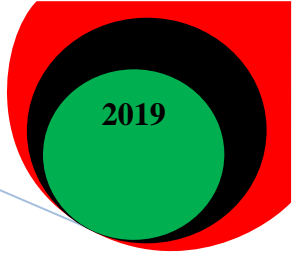
Team competition

The Mixed Teams will consist in maximum 4 gymnasts on each apparatus (from the same category and gender) in which case the team can reach the 8 different gymnasts if there are 4 gymnasts to do trampoline and 4 gymnastics do DMT. Each delegation may register more than one team. The team must have at least 3 and at most 8 gymnasts.

The team classification will be the sum of the DMT team score (FEM or MALE) with the TRI (FEM or MALE).

Team score ,the scores are regarding to the Preliminaries.For the final team result count the top three total scores.

EX: The club can to have including one team FEM in Double Mini Trampoline and MALE in Trampoline or vice versa. Or MALE in Double Mini and Trampoline, the same case in FEM.



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The constitution of the teams cannot be changed in any of the apparatus and it is set until the nominative entries.

All participants will have individual classifications. The teams classifications will be in "All Around" system, which will include the results obtained by the teams in DMT and TRI.

The individual classification will be mixed, with Finals for every category except Under 10. Qualification for the Finals:

- Until 10 participants – 6 gymnasts;
- Until 20 participants – 8 gymnasts;
- Until 30 participants – 10 gymnasts;
- More than 30 participants – 12 gymnasts.

The judges evaluation will apply the International Gymnastics Federation (FIG) Code of Points (2017-2020).

Prize Money:

INDIVIDUAL	TRI MASC/FEM Senior	INDIVIDUAL	TRI MASC/FEM Junior
1st Classified	€ 60	1st Classified	
2nd Classified	€ 40	2nd Classified	
3rd Classified	€ 25	3rd Classified	

The monetary prize will only be attributed to each class/category if there are at least 8 effective participants in the competition.

Classification:

The Competition will have an individual classification and a team classification "All around", that will be total of the competitions of Double Mini-trampoline (DMT) and Individual Trampoline (TRI) .



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Awards:

The top three winners from each category in DMT, TRI and TRS will receive medals. The first three teams in each category will receive a trophy. There will be a trophy for the best team in DMT and TR.

Judge:

Each delegation must register the following number of judges, according to the number of registered gymnasts:

- From 2-9 participants each delegation must register one judge;
- From 10-20 participants each delegation must register two judges;
- More than 20 participants each delegation must register three judges

Note:

If delegations fail in full the required number of judges, a fine of € 200,00 (two hundred Euros) per missing judge will be applied.

Registration Fees:

- € 15.00 (ten Euros) per gymnast participating in one apparatus (DMT or TR); (TRS is Free)
- €20,00 (twenty-five Euros) per gymnast participating in all apparatus (DMT, TRI and TRS).

Registration deadlines:

- 3th December 2018 – Provisional registration;
- 15th January 2019 – Definitive registration;
- 17th March 2019 – Nominative registration.

Payment deadlines:

- 29th December 2018 – Full payment or 50% of the registration fees;
- 24th February 2019 – Payment of the remaining 50% of the registration fees;
- 17th March 2019 – Payment of the fine for judge lacking (200€) and Accommodation canceled (50€ per person).



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Competition apparatus:

- 1 Double Mini-trampoline Eurotramp – 6x6 (FIG approved);
- 4 Trampolines Eurotramp (FIG approved).

Notes:

- All national participants must be affiliated to the national federation (FGP) and registered in the Gymbase;
- All participants must have an updated sports insurance;
 - The participation in the competition will be allowed only if all issues regarding payments, affiliation and sports insurance are solved by 12 hours noon on 1st April 2018;
 - The organizing committee is not responsible for any accident, when infringement to the Regulation of the Competition is verified.

Contacts:

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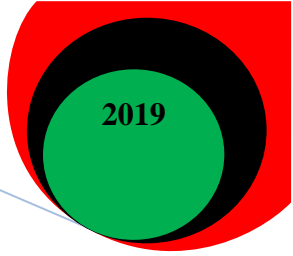
FACEBOOK: <https://www.facebook.com/CascaisBeachCup/>

www.gscarcavelos.org

Logistics:

Like in the last edition, the Organizing Committee of Cascais Beach Cup 2017 will provide *Transfers*, *Accommodation* and/or *Meals* proposals to interested delegations.

This information will be disclosed to delegations as soon as possible after gathering the best choices.



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