



Cascais Beach Cup 2016

Individual, Synchronized and
Mixed Teams International
Competition

Trampoline and Double Mini-trampoline

Carcavelos, Portugal – 12th, 13th and 14th February 2016

Grupo Sportivo de Carcavelos is pleased to invite you to the 4th Edition of Cascais Beach Cup, international competition that will be held on 12th, 13th and 14th of February 2016.

After the great success of the last Edition, it is our wish to improve even more the quality of this competition. In the 3rd Edition we had over one hundred fifty gymnasts, from four 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 Europe to prepare themselves for the next European Championship 2016 in Valladolid. We aim to increase international participation and provide satisfying conditions to all participants. We want you to advertise and participate in this great competition held in Portugal.

Date: 12th, 13th and 14th February 2016

Location: Lombos Sports Hall (Carcavelos, Portugal)

REGULATION OF THE COMPETITION

Categories:

Individual, synchronized and team mixed competition by age categories (Season 2015/2016):

- Under 10 (8, 9 e 10 years old – born between 2008 and 2006) – This category will not have individual classification.
- 11 – 12 (11 and 12 years old – born in 2004 or 2005);
- 13 – 14 (13 and 14 years old – born in 2002 or 2003);
- Open Junior (15, 16 and 17 years old – born between 1999 and 2001);
- Open Senior (from 18 years old – born until 1998) (FIG regulation)

1. **Individual and synchronized competition**
2. **NEW Mixed 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 and TOF (and in Difficulty of two optional skills for Open Senior) and an optional routine (F2) evaluated in Execution, Difficulty and TOF; and in the Finals by an optional routine (F3) evaluated in Execution, Difficulty and TOF.

- The Synchronized Trampoline (TRS) competition will consist in an optional routine (F2), evaluated in Execution, Difficulty and Synchronization.

- The Under 10 TRI routines will not be evaluated in TOF.

- The Under 10 category will not have Finals.

- 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 F3 and F4 scores only (*except Under 10*).

- 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 F3 score only (*Except Under 10*).

- The classification for TRS will be the F2 score.

- Requirements:

- DMT – no requirements;

- TRS – no requirements;

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

Under 10

- 1 skill to front or back;
- Straddle jump.
- 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

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

Open Senior

- 10 skills with a minimum of 270° somersault rotation;
- 2 skills marked with an asterisk (*) on the competition card will have difficulty ratings (none of these 2 skills can be repeated in F2 or F3).

Note: This edition will have a Mixed Gender Competition on Synchronized Trampoline (TRS)

All gymnast that aim to reach Elite Category must fulfill the requirements in 2016 Manual for Trampolins of the FPG. The National Technical Board must be informed by e-mail (as set in the Manual).

2. Team competition

The Mixed Teams will consist in 3-4 gymnasts on each apparatus (from the same category and have to include male and female gymnasts). Each delegation may register more than one team. The team must have at least 3 and at most 8 gymnasts (in total, since the gymnasts may be different for each apparatus).

The same gymnast cannot be in two different teams (but the gymnast can be in the same team in both apparatus).

The team classification will be the sum of the DMT team score with the TRI team score (the scores are regarding to the Preliminaries).

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 (except Under 10). 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 (2013-2016).

Classification:

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

Awards:

The top three winners from each category in DMT, TRI (except Under 10) and TRS will receive medals. The first three teams in each category will receive a trophy.

Judges:

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 to fulfill the required number of judges, a fine of € 100.00 (one hundred Euros) per missing judge will be applied.

In case any club fails to fulfill the rule for judging, can make arrangements with another club to form one new delegation.

Registration Fees:

- € 8.00 (eight Euros) per gymnast participating in one apparatus (DMT or TR);
- €10,00 (ten Euros) per gymnast participating in all apparatus (DMT, TRI and TRS).

Registration deadlines:

- 18th October 2015 – Provisional registration;
- 22nd November 2015 – Definitive registration;
- 10th January 2015 – Nominative registration.

Payment deadlines:

- 3rd January 2015 – Full payment or 50% of the registration fees;
- 14th February 2015 – Payment of the remaining 50% of the registration fees;
- 28th March 2015 – Payment of the fine for judge lacking.

Competition apparatus:

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

- 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 noon on 25th January 2015;
 - The organizing committee is not responsible for any accident, when infringement to the Regulation of the Competition is verified.

Contacts:

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Logistics:

Like in the last edition, the Organizing Committee of Cascais Beach Cup 2016 will provide *Accommodation* and/or *Meals* proposals to interested delegations. This information will be disclosed to delegations as soon as possible after gathering the best choices.