



Cascais Beach Cup 2017

Individual, Synchronized and Mixed Teams International Competition

Trampoline and Double Mini-trampoline

Carcavelos, Portugal – 6th, 7th and 8th April 2017

Grupo Sportivo de Carcavelos is pleased to invite you to the 5th Edition of Cascais Beach Cup, international competition that will be held on 6th, 7th and 8th of April 2017.

After the great success of the last Edition, it is our wish to improve even more the quality of this competition. In the 4th Edition we had over two hundred twenty, three 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 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.

Date: 6th, 7th and 8th April 2017

Location: Lombos Sports Hall (Carcavelos, Portugal)

REGULATION OF THE COMPETITION

Categories:

Individual, synchronized and team mixed competition by age categories (Season 2016/2017):

- Under 10 (8, 9 e 10 years old – born between 2009 and 2007)
- 11 – 12 (11 and 12 years old – born in 2005 or 2006);
- 13 – 14 (13 and 14 years old – born in 2003 or 2004);
- Open Junior (15, 16 and 17 years old – born between 1997 and 2002) (FIG regulation);
- Open Senior (from 18 years old – born until 1999) (FIG regulation)

- **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.

- Requirements:

DMT – no requirements;

TRS – no requirements;

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

Under 10

- 1 skill to front or 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

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 maximum 8 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.

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). For the final team result count the top three scores.

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).

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 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.

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.

Registration Fees:

- € 10.00 (ten 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:

- 14th December 2016 – Provisional registration;
- 15th January 2017 – Definitive registration;
- 26th February 2017 – Nominative registration.

Payment deadlines:

- 15th January 2017 – Full payment or 50% of the registration fees;
- 26th February 2017 – Payment of the remaining 50% of the registration fees;
- 12nd March 2017 – Payment of the fine for judge lacking.

Competition apparatus:

- 2 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 Gybase;
- 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 12nd March 2017;
- 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 *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.