COIMBRA, PORTUGAL

COIMBRA GYM FEST 2026
COIMBRA – PORTUGAL, 3RD TO 5TH JULY 2026
YOUTH

DIRECTIVES
TRA / TUM / DMT – 13-14; U12

Dear FIG Affiliated Member Federation,
The Gymnastics Federation of Portugal has the pleasure to provide information related to the organization of the **Coimbra Gym Fest 2026.**
Please find herein below the Invitation letter and the directives:

DISCIPLINE	**Trampoline** **Tumbling** **Double Mini-Trampoline**
HOST FEDERATION	**Gymnastics Federation of Portugal** Contact Person: **Teresa Loureiro** Estrada da Luz, n.º 30-A 1600-159 Lisboa, Portugal Tel: (+351) 21 814 11 45 Fax: (+351) 21 814 29 50 e-mail: federacao@ginastica.org website: www.ginastica.org
LOCAL ORGANIZING COMMITTEE	**Associação Académica de Coimbra** Secção de Ginástica R. Padre António Vieira, 1 3000-315 Coimbra, Portugal Contact Person: **Jorge Abrantes** Mobile: +351 918 733 044 e-mail: trampoline@coimbragymfest.org website: http://coimbragymfest.org/en/home/
EVENT MANAGER	Jorge Abrantes Mobile: +351 918 733 044 e-mail: trampoline@coimbragymfest.org
LOCATION	**Coimbra - Portugal**
DATE	**From 3rd to 5th July, 2026**
VENUE	**Pavilhão Multidesportos Dr. Mário Mexia** Praça Heróis do Ultramar 3030-327 Coimbra, Portugal Tel.: +351 239 796 625 e-mail: trampoline@coimbragymfest.org website: http://coimbragymfest.org/en/home/
APPARATUS SUPPLIER	Please refer to the attached apparatus list.
RULES AND REGULATIONS	The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviations mentioned in these directives: • Statutes • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline

	• Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • Licence rules (except for non competitive events) • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules **SPECIFIC RULES** **Individual Trampoline** **U12 -** At least 5 (five) of the skills in the F1 routine must have at least 270° of somersault; **13-14** - At least 7 (seven) of the skills in the F1 routine must have at least 270° of somersault. **Double mini-Trampoline** **U12** - Following 11-12 WAGC rules; **13-14** - Following 13-14 WAGC rules. **Tumbling** **U12 –** Following 11-12 WAGC rules; **13-14** - Following 13-14 WAGC rules.
AGE LIMITS	Age Group: U12 (born in 2014 or after); 13-14 (born in 2013 or 2012).
PROVISIONAL SCHEDULE	Day 1 (1st July - Wednesday): Arrival of Delegations Training and Podium Training Day 2 (2nd July - Thursday): Arrival of Delegations Training and Podium Training Day 3 (3rd July - Friday): Qualifications: TRA, TUM and DMT Day 4 (4th July - Saturday): Qualifications: TRA, TUM and DMT Finals: TRA, TUM and DMT Day 5 (5th July - Sunday): Finals: TRA, TUM and DMT Banquet and Final party Day 6 (6th July - Monday): Departure of delegations Delegations are allowed to arrive to Coimbra by 29th June (Monday) 2026. LOC will provide training sessions by 30th June (Tuesday) 2026 upon request. **Due to the high number of registrations from the previous editions, the qualifications may start on Thursday night.**
EVENT FORMAT	The Trampoline International Competition will consist of **Individual Trampoline**, **Tumbling** and **Double Mini-Trampoline** with Qualifications and Finals. **Participation in the Qualifications:** All competitors must take part in the qualifications. In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied. **Participation in the Finals:** The top 8 (eight) scores from the qualifications qualify for the finals. In addition, the host club will be allowed 1 (one) gymnast in each age/gender/discipline, in case that it is not represented (max. 1 (one) per

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<tr><td></td><td>discipline).
Such “Wild Card Gymnasts” must have participated in the qualification.
“Wild Card Gymnasts” will be able to receive medals and prize money.
In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.
Finals will start from 0,00 points, except if there are less then 9 (nine) competitors in the Qualifications.
<u>Team Competition:</u>
Top 3 age/gender/discipline results in qualifying round will result in the final score.</td></tr>
<tr><td>FEDERATIONS INVITED</td><td>All Member Federations according to the following principles:
- All FIG members federations in good standings;
- All regional federations affiliated in their respective national federation;
- All clubs affiliated in their respective national federation.</td></tr>
<tr><td>SIZE OF DELEGATION</td><td>No limits.</td></tr>
<tr><td>JUDGES AND JURIES</td><td>Each participating delegation (federation or club) is obliged to bring 1 (one) judge with FIG judges brevet for every 8 competitors (2-8 = 1 Judge, 9-16 = 2 Judges, 17-24 = 3 Judges, 25 or more = 4 Judges).
The delegations that do not comply by the established rules relating to the availability of judges will be penalized with the payment of 300€ (three hundred 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 delegations, will have to be present at the respective judges’ meetings.
<u>Note:</u> Transport, accommodation, and meals of the judges of each delegation are of the respective delegation responsibility.
All judges must have a current valid FIG brevet at the time of the event.</td></tr>
<tr><td>REGISTRATION DEADLINES</td><td>Provisional, Definitive and Nominative registrations must be send with the correspondent forms to trampoline@coimbragymfest.org:
<table><tr><td>Provisional registration</td><td>25th, February, 2026</td><td rowspan="3">Forms available in http://coimbragymfest.org/en/home/</td></tr><tr><td>Definitive registration:</td><td>29th, April, 2026</td></tr><tr><td>Nominative registration</td><td>27th, May, 2026</td></tr></table>Registrations made later than 10 (ten) days after the deadline for the Nominative Entry will not be accepted and the Delegations will not be authorized to participate.</td></tr>
<tr><td>DRAWING OF LOTS</td><td>The drawing of lots will take place at the LOC office in Coimbra (POR) two weeks after the closing date of the nominative registration.</td></tr>
<tr><td>ENTRY FEES</td><td>The cost for the entry fee is 25€ (twenty five euros) per entry (gymnast/discipline) OR 35€ (thirty five euros) per gymnast that apply for two or more disciplines.
The entry fees must be payed at the time of the Definitive registration (2 months prior to the event).
The entry fee is not refundable.
Registrations made after the deadline for the Nominative Entry, if accepted, will be charged with the normal cost plus 50%.
Entries without payment of the entry fees will be considered as invalid and will be refused.</td></tr>
<tr><td>ACCOMMODATION</td><td>The cost is <u>person/nigh</u> and includes FULL PACK:
- Room
- Breakfast (Hotel) + lunch + dinner
- Banquet and Final party
- Transfer from Porto Airport (OPO) to Hotel/Sports Hall and back
- Daily transportation from Hotel to Sports Hall and back</td></tr>
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The cost is person/nigh	4* Hotel Vila Galé	4* NH Coimbra Dona Inês	3* River Suites	3* Hotel D. Luís	2* Ibis Coimbra Centro	2* Hotel Vitória
Single	220€	210€	190€	185€	175€	170€
Double	185€	180€	165€	160€	160€	155€
Triple	170€	165€	145€	135€	XXX	130€

SEPARATELY PURCHASE ITEMS

The cost is person/nigh	4* Hotel Vila Galé	4* NH Coimbra Dona Inês	3* River Suites	3* Hotel D. Luís	2* Ibis Coimbra Centro	2* Hotel Vitória
Single	195€	185€	165€	160€	150€	145€
Double	160€	155€	140€	135€	135€	130€
Triple	145€	140€	120€	110€	XXX	105€
Meals	12€ / each					
Banquet and Party	50€					
OPO Transfer	30€ / person / one way					
Urban Transfer	6€ / person / day					

Note: Accommodation includes Breakfast

The Accommodation Form must be returned to the OC by **29th April, 2026** at the very latest, the Hotel rooms will be allocated on a "first come, first serve" basis.

The participating delegations must pay for their accommodation costs.

At the time of the Definitive registration (2 months prior to the event) 50% of the accommodation costs must be paid to the LOC. Entries without the payment of the 50% of the accommodation costs will be considered as invalid and will be refused. The remaining 50% of the accommodation costs must be paid by **27h May, 2026.**

In case of room cancellations until **29th April, 2026** the OC will refund the complete amount of annulled rooms. In case of room cancellations from **1st May until 27th May, 2026** the OC will refund 50% of the amount of annulled rooms. In case of room cancellations after **27th May, 2026** no claims of refunds will be accepted.

MEALS	Lunch and Dinner will be served nearby Sports Hall. All Meals are included in Full Pack; Meals can be purchased separately in the inscription process to the value of 12€/each; Cost of each meal per person acquired on accreditation (Lunch or Dinner) to the value of 15€/each.
BANQUET & FINAL PARTY	Banquet and Final Party are included in Full Pack; Banquet and Final Party can be purchased separately in the inscription process to the value of 50€/each; Cost of each banquet and Final Party on accreditation to the value of 60€/each.
INTERNATIONAL TRANSPORTATION	The participating delegations must pay for the travel costs of their members. The Travel Schedule Form must be returned to the OC by **27th May 2026**.
LOCAL TRANSPORTATION	Delegations that book Full Pack will be offered transport from: **- Porto International Airport (OPO)** to Hotel/Sports Hall and back - The Hotel to Sports Hall and back

	In case of need, is possible to arranged transfer from Lisbon International Airport (LIS) at delegation expenses. Quotation on demand. Information about flight details should be sent to OC until **27th May 2026**.
VISA	Please verify immediately with your travel agent or the Portugal Embassy or Consulate in your country if a visa is required for your travel to Portugal. The Organizing Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before **29th April, 2026**. The request must include the full name, date of birth, gender, function, passport number, passport expiry date, and the arrival and departure dates of the delegation member as well as the city the visa application letter must be sent to.
INSURANCE	The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation. Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges. If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 45€ (forty five euros) per person/day.
ACCREDITATION	Each delegation should attend at the Accreditation Desk upon arrival with the following documents: - Passports of all members of delegation; - Proof of total payment of costs due to the LOC; - Proof of insurances of all delegation members.
FINANCIAL OBLIGATIONS	Delegations which have not fulfilled their financial obligations, towards the LOC, will not be allowed to participate in this Trampoline tournament. Delegations which have not fulfilled their financial obligations, towards the LOC by the given deadline in the Invitation/Directives, may still have the possibility to participate, but the LOC will not guarantee the hotel booking, meals and local transportation.
BANK ACCOUNT INFORMATION	Account Name: AAC - Secção Ginástica Bank Name: Santander Totta Agency Name: Coimbra Polo I IBAN: PT50 0018 0003 53098810020 74 Swift Code: TOTAPTPL Please integrate the payment's purpose as follows: **CGF26 + Name of the Delegation**. The participating delegation is responsible for covering all bank fees in connection with the bank transfers.
CANCELATION POLICY	All reserves (Accommodations, Meals, Banquet and Transfer) cancelled until **29th April, 2026** at the very latest, will be subject to a cancellation fee of 0%. All reserves (Accommodations, Meals, Banquet and Transfer) cancelled from **1st May, until 27th May, 2026** at the very latest, will be subject to a cancellation fee of 50% to be paid by the delegation concerned. All reserves (Accommodations, Meals, Banquet and Transfer) cancelled from

	28th May, 2026 until the arrival of the delegations on site or "no show" will be subject to a cancellation fee of 100% to be paid by the delegation concerned.
AWARDS	The top 3 (three) athletes in each discipline will be awarded with medals. In addition, there will be a participation certificate to all gymnasts.
MEDIA	All media representatives (journalists, photographers, TV) must request an accreditation from the LOC Media Officer as soon as possible to have access to the media centre on the competition venue. e-mail: trampoline@coimbragymfest.org
SOCIAL MEDIA	Site: http://coimbragymfest.org/en/home/ facebook: https://www.facebook.com/coimbragymfest Instagram: https://www.instagram.com/coimbragymfest/
MEDICAL	The LOC will provide first aid medical services. A team of physiotherapists will be present during the completion.
OFFICIAL HOSPITAL	Hospitais da Universidade de Coimbra Praceta Prof. Mota Pinto 3000-075 Coimbra, Portugal Tel: (+351) 239 400 400
SAFEGUARDING	From the official date of arrival until the official day of departure of the event, participants (gymnasts, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment or abuse of any type or if they are worried or do not feel comfortable. The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations.
MARKETING	The FIG advertising and publicity norms will be respected.
DEADLINES	

Provisional registration	25th, February, 2026
Definitive registration	29th, April, 2026
Nominative registration	27th, May, 2026
Accommodation form	29th, April, 2026
Travel schedule form	27th, May, 2026
Visa request form	29th, April, 2026
Payment of the entry fee	29th, April, 2026
Payment of the Full Pack costs (first 50%)	29th, April, 2026
Payment of the Full Pack costs (last 50%)	27th, May, 2026
Payment of the Separately Purchase Items costs (first 50%)	29th, April, 2026
Payment of the Separately Purchase Items costs (last 50%)	27th, May, 2026
Payment of the fine for missing judge	27th, May, 2026

ADDITIONAL INFORMATION	- **Parallel Age Group Competition for: 15-16; Senior**; - Delegations are allowed to arrive to Coimbra by 29th June (Monday) 2026. - LOC will provide training sessions by 30th June (Tuesday) 2026 upon request.

Sincerely Yours,

Place and date:
Coimbra, , 2025