



# **Cascais Beach Cup 2015**

Individual, Synchronized and  
Mixed Teams International  
Competition

**Trampoline and Double Mini-trampoline**

**Carcavelos, Portugal – 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> April 2015**

Grupo Sportivo de Carcavelos is pleased to invite you to the 3<sup>rd</sup> Edition of Cascais Beach Cup, international competition that will be held on 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> April 2015.

After the great success of the last Edition, is our wish to improve even more the quality this competition. In the 2<sup>nd</sup> Edition we had over two hundred gymnasts that raised this competition to a high level with their participation and excellent performances.

It is our goal to increase international participation and provide satisfying conditions to all participants. We want you to publicize and participate in this great competition held in Portugal, in a city worldwide popular for its famous beach.

**Date:** 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> April 2015

**Local:** Lombos Sports Hall

## **REGULATION OF THE COMPETITION**

### **Categories:**

Individual, synchronized and team mixed competition by age categories:

- Under 10 (8, 9 e 10 years old – born between 2007 and 2005) – This category will not have individual classification, according to the Portuguese Gymnastics Federation (FGP) rules;
- 11 – 12 (11 and 12 years old – born in 2003 or 2004);
- 13 – 14 (13 and 14 years old – born in 2001 or 2002);
- Open Junior (15, 16 and 17 years old – born between 1998 and 2000);

- Open Senior (from 18 years old – born until 1997).

## Technical program:

### 1. Individual and synchronized competition

- In 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 (*Finals starting from zero*).

- 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 (*Finals starting from zero*).

- The classification for TRS will be the F2 score (there are no Finals).

- Requirements:

DMT – no requirements;

TRS – no requirements;

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

### **Under 10**

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

### **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).

## **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 since the nominative entries.

**Classifications:**

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 categories 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).

**Awards:**

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

**Judges:**

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

- From 2-9 participants each delegation shall register one judge;
- From 10-20 participants each delegation shall register two judges;
- More than 20 participants each delegation shall 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:**

- € 5.00 (five Euros) per gymnast participating in one apparatus (DMT or TR);
- € 8,00 (eight Euros) per gymnast participating in two apparatus (DMT and TR);
- €10,00 (ten Euros) per gymnast participating in all apparatus (DMT, TRI and TRS).

**Registration deadlines:**

- 22<sup>nd</sup> November 2014 – Provisional registration;
- 3<sup>rd</sup> January 2015 – Definitive registration;
- 14<sup>th</sup> February 2015 – Nominative registration.

**Payment deadlines:**

- 3<sup>rd</sup> January 2015 – Full payment or 50% of the registration fees;
- 14<sup>th</sup> February 2015 – Payment of the remaining 50% of the registration fees;
- 21<sup>st</sup> March 2015 – Payment of the fine for judge lacking.

**Competition apparatus:**

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

**Insurance:**

- All participants must be affiliated to their national federations;
- 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 1<sup>st</sup> April 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 2015 will provide *Accommodation* and/or *Meals* proposals to interested delegations. This information will be disclosed to delegations during December after gathering the best conditions to propose.