



**a14<sup>th</sup> CANTANHEDE INTERNATIONAL OPEN COMPETITION**  
**AEROBIC GYMNASTICS**  
**YOUTHS & SENIORS PORTUGAL**  
**25<sup>th</sup> TO 29<sup>th</sup> MARCH, 2026**



## **DIRECTIVES**

**Event ID: 18320**

Dear affiliated Member Federation,

The Gymnastics Federation of Portugal and the Academia CantanhedeGym, have the pleasure to invite your Federation to participate in the 14<sup>th</sup> Aerobic Gymnastics International Open Competition, to be held in Cantanhede, Portugal.

<b>DISCIPLINE</b>	<b>Aerobic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Gymnastics Federation of Portugal</b> Contact Person: Teresa LOUREIRO Address: 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: <a href="mailto:federacao@ginastica.org">federacao@ginastica.org</a> / Website: <a href="http://www.ginastica.org">http://www.ginastica.org</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>Academia CantanhedeGym</b> Contact Person: João DIAS Address: Rua da Concórdia, Lote 12, 3060 – 149 Cantanhede / Portugal Mobile: +351 925123182 E-mail: <a href="mailto:academia.cantanhedegym@gmail.com">academia.cantanhedegym@gmail.com</a> Website: <a href="http://www.cantanhedegym.com">www.cantanhedegym.com</a>
<b>LOCATION</b>	City of <b>Cantanhede</b> – Coimbra – Portugal
<b>DATE</b>	From <b>25<sup>th</sup> to 29<sup>th</sup> March, 2026</b>
<b>VENUE</b>	<b>Pavilhão Marialvas</b> Rua Luís de Camões, Nº 19, 3060 – 183 Cantanhede Portugal Tel: +351 231 422 101
<b>APPARATUS SUPPLIED</b>	Please refer to the attached apparatus list Minimum 2 competition floors of the same manufacturer and product will be available.
<b>RULES AND REGULATIONS</b>	The competition must be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives: <ul style="list-style-type: none"><li>• Statutes</li><li>• Code of Ethics</li><li>• Code of Conduct</li><li>• Technical Regulations</li><li>• Code of Discipline</li><li>• Code of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li><li>• Medical Organization of FIG Competitions and Events</li><li>• Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li><li>• License Rules</li><li>• Media Rules</li><li>• Apparatus Norms</li><li>• FIG Rules for Sanctioning (approval) of International Events</li><li>• Advertising and Publicity Rules</li><li>• Regulations for Award Ceremonies</li></ul>

	<ul style="list-style-type: none"> <li>• Accreditation Rules and subsequent decisions of the FIG Executive Committee</li> </ul>									
<b>AGE LIMITS</b>	<b>Youth:</b> as per the FIG Technical Regulations <b>Juniors:</b> as per the FIG Technical Regulations <b>Seniors:</b> as per the FIG Technical Regulations									
<b>JUDGES &amp; JURIES</b>	<p>The number of Juries (judges' panels) may be decided by the Organizing Member Federation depending on the number of participating competitors and judges.</p> <p><b>All judges must have a current valid FIG brevet</b> in the discipline concerned.</p> <p>The Juries are set up by a draw and directed by the Technical Delegate from the judges present at the event.</p> <p>Priority will be given to the judges of the highest category.</p> <p>If, on the day of the competition, there are no sufficient numbers of judges in the requested categories, the Technical Delegate may take whatever action needed to secure the running of the event.</p> <p>Each participating federation must provide minimum one judge Cat. 1, 2, 3 or 4 with current valid brevet.</p> <p>Failure to do so, will result in a fine of CHF 2'000.- to be paid to the LOC until the Definitive Registration date (15-01-2024).</p>									
<b>REGISTRATION DEADLINES</b>	<p>Provisional, Definitive and Nominative Registrations must be completed by sending the composition of the delegation to the LOC. Late entries will be considered as invalid and will be refused.</p> <table border="1"> <tr> <td>Provisional registration</td> <td>26, November, 2025</td> <td>(4 months prior to the event)</td> </tr> <tr> <td>Definitive registration</td> <td>21, January, 2026</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>25, February, 2026</td> <td>(4 weeks prior to the event)</td> </tr> </table> <p>Registrations and payments made after the gymnasts' drawing of lots will not be accepted and the Delegation members concerned will not be authorized to participate.</p>	Provisional registration	26, November, 2025	(4 months prior to the event)	Definitive registration	21, January, 2026	(2 months prior to the event)	Nominative registration	25, February, 2026	(4 weeks prior to the event)
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<b>ENTRY FEES</b>	<p>The costs for the entry fees are:</p> <p><b>IW/IM: 45€ - MP: 70€ - TRIO:80€ - GROUP: 90€ - Aerodance Group: 100€</b></p> <p>The invited participating federations must pay for all entry fees. At the time of the Definitive entry (2 months prior to the event) 100% of the entry fee must be paid to the LOC. <b>All the entry fees are not refundable.</b></p>									
<b>EVENT FORMAT</b>	<p>The Aerobic Gymnastics International Open Competition will have Qualifications, and Finals in all categories.</p> <p>Aerobic Gymnastics Categories: IW, IM, MP, TR, GR, AD.</p> <p>Qualifications: participation is not limited by nation / category / youth.</p> <p>The participation in the semi-finals is limited to 3 units per country in each category</p> <p>The participation in the finals is limited to 2 units per country in each category.</p>									
<b>ACCREDITATION</b>	<p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p> <p>The accreditation will take place at the Sports Hall "Os Marialvas" upon arrival to Cantanhede. The accreditations will only be handed out to the Head of Delegation.</p> <p>All delegations must deliver 2 memory sticks with the musics of all routines, national anthem and flag, <b>SPORTIVE INSURANCE declaration</b>, passports of all members and FIG Licenses.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>									

<b>PROVISIONAL SCHEDULE</b>	<ul style="list-style-type: none"> <li>- <b>Day 1, 23<sup>rd</sup> March:</b> Arrival of Delegations/Training Sessions (Depending of the number of participants)</li> <li>- <b>Day 2, 24<sup>th</sup> March:</b> Training Sessions (Depending of the number of participants)</li> <li>- <b>Day 3, 25<sup>th</sup> March:</b> (Depending of the number of participants)</li> <li>- Qualifications</li> <li>- Orientation meeting, judges meeting (IOC &amp; Youth Competition)</li> <li>- <b>Day 4, 26<sup>th</sup> March:</b> Qualifications</li> <li>- <b>Day 5, 27<sup>th</sup> March:</b> Qualifications</li> <li>- <b>Day 6, 28<sup>th</sup> March:</b> Finals</li> <li>- <b>Day 7, 29<sup>th</sup> March:</b> Finals</li> <li>- <b>Day 8, 30<sup>th</sup> March:</b> Departure of Delegations (All day)</li> </ul>
<b>PARTICIPATION</b>	<p>The International Open Competition consists of qualifications and finals. There will be <b>qualifications</b> only for the categories and age groups with more than 9 participants. In case of a tie in any place, the tie-breaking rules are as set by FIG.</p> <p>The categories with more than 40 units will have a <b>semi-final</b>. Will be qualified for the semi-final the top 24 units (maximum of 3 per country).</p> <p><b>Participation in the finals:</b></p> <p>The top eight units per category and age group will qualify for the Finals. In case of a tie at any place, the tie-breaking rules are the FIG World Championships Rules.</p> <p>The LOC may cancel the competition in the respective category if at the time of the definitive entry, there are less than 3 countries registered in a category. In case of such a cancellation, the LOC must reimburse, in full, the entry fee and payments made for accommodation.</p> <p>Should flights have to be cancelled due to the above, the risk is at the charge of the participating member Federations.</p>
<b>SIZE OF THE DELEGATION AND FIG LICENSE</b>	<p>The number of participants by nation, category and age group is not limited. <b>All Youth, Juniors and Seniors gymnasts in good standing with the correct age and holding a valid FIG license until the end of the event, may participate.</b></p> <p>The LOC will be responsible for checking the validity of all gymnasts Licenses. No gymnasts will be accepted without a valid FIG License until the end of the event.</p>
<b>CATEGORIES</b>	IW / IM / Mix Pair / Trio / Group / Aerodance (all age categories).
<b>DRAWING OF LOTS</b>	The drawing of lots will take place at the Gymnastics Federation of Portugal Federation two weeks after the closing date of the nominative registration. After publication of the draw to all participating federations there will be an opportunity to modify the position of the gymnasts' starting order within 3 days by using the official document.
<b>MEDICAL SERVICES</b>	The Local Organizing Committee will provide first aid medical services. A physiotherapist will be present during the competitions as well members of the Portuguese Red Cross specialized in first aids. Medical support is also available at 5 min. distance.
<b>VISA</b>	<p>Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for your travel to Portugal.</p> <p>The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>21, January, 2026</b> to the LOC.</p> <p>To request an invitation letter, please send the following information to the LOC: Full Name, Gender, Date of Birth, Citizenship, Passport Number, Passport Expiry Date, Function/Role within the Delegation, Arrival and Departure Dates, City where the visa application support letter should be sent.</p> <p>Please ensure that all information is complete and accurate to avoid delays in visa processing.</p>
<b>INSURANCE</b>	The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in the event of accidents, illness (including COVID-19), repatriation, or similar occurrences.

	<p>In accordance with the <b>FIG Technical Regulations</b>, all participating Federations are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay.</p> <p>It is mandatory that Delegation Members are covered by <b>basic insurance</b> (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the <b>FIG IMSSA subsidiary insurance</b>.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to:</p> <p>🔗 <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a></p> <p>The LOC will verify insurance coverage upon arrival. Each Delegation must present either a <b>cover note</b> or a <b>photocopy of the valid insurance policy</b>. The policy must be valid starting <b>from the day of arrival</b> and must remain valid for the <b>entire duration of the stay</b>.</p> <p>If a Federation cannot provide proof of valid insurance, the LOC will offer insurance coverage at the Federation's own expense, at a cost of: <b>50 EUR per person/day</b>.</p>
<b>SAFEGUARDING</b>	<p>From the <b>official day of arrival</b> until the <b>official day of departure</b>, all participants — including <b>gymnasts, coaches, judges, and other Delegation Members</b> — will have the possibility to <b>contact the LOC Safeguarding Officer</b> by phone or email in case of:</p> <ul style="list-style-type: none"> <li>• Harassment</li> <li>• Abuse of any kind</li> <li>• Any situation where they feel uncomfortable or unsafe</li> </ul> <p>The <b>contact information</b> for the LOC Safeguarding Officer will be <b>provided to all Delegations upon arrival</b> on site.</p> <p>As part of the FIG's commitment to athlete welfare and youth protection, <b>posters of the “10 Golden Rules of Gymnastics”</b>, part of the FIG's awareness campaign, must be <b>clearly displayed</b> in several key areas, including:</p> <ul style="list-style-type: none"> <li>• Training Halls</li> <li>• Warm-Up Areas</li> <li>• Public Zones</li> </ul> <p>These measures are in place to ensure a <b>safe, respectful, and supportive environment</b> for all participants throughout the event.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC by <b>21, January, 2026</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p><b>It is mandatory for all delegations to book their local transportation through the LOC.</b></p> <p>The Organizers will arrange at a determined fee, the transport service from the LISBON International airport and OPORTO International airport to the accommodation place in Cantanhede and to the competition hall</p> <p><b>The costs are per person.</b></p> <p>Transportation from Oporto Airport to the competition venue or hotel and back – 80€ (eighty Euros).</p> <p>Transportation from Lisbon Airport to the competition venue or hotel and back – 100€ (hundred Euros).</p> <p>The LOC only ensure the Local Transportation between the hotels and the hall of the competition to the participants who booked the accommodation by the LOC.</p> <p>The invited participating federations must pay for the transportation expenses of their delegation members until <b>21, January, 2026</b>.</p>
<b>ACCOMMODATION</b>	<p><b>It is mandatory for all delegations to book their accommodation through the LOC.</b></p>

	<p>The Organizers will arrange at a determined fee, accommodation and meals from the 23<sup>rd</sup> March to 30<sup>th</sup> March, see Entry Forms (see attached) as follows:</p> <p><b>B&amp;B Hotels Cantanhede / Coimbra:</b></p> <ul style="list-style-type: none"> <li>- Av. Comandante Xavier Gomes Gama, 1 * 3060-209 Cantanhede (+351) 231410220</li> <li>- e-mail: <a href="mailto:hotel.cantanchede.coimbra@hotelbb.com">hotel.cantanchede.coimbra@hotelbb.com</a></li> <li>- web site: <a href="http://www.hotel-bb.es">www.hotel-bb.es</a></li> </ul> <p>The costs per person/night in this first Hotel are as follows:</p> <ul style="list-style-type: none"> <li>• 100 EUR (single room, including breakfast)</li> <li>• 80 EUR (double room, including breakfast)</li> <li>•</li> </ul> <p><b>Hotel Quinta da Lagoa:</b></p> <ul style="list-style-type: none"> <li>- Quinta da Lagoa * 3070-150 Mira (+351) 231458688</li> <li>- e-mail: <a href="mailto:hotelquintadalagoa@sapo.pt">hotelquintadalagoa@sapo.pt</a></li> <li>- web site: <a href="http://www.hotelquintadalagoa.pt">www.hotelquintadalagoa.pt</a></li> </ul> <p>The costs per person/night in this second Hotel are as follows:</p> <ul style="list-style-type: none"> <li>• 100 EUR (single room, including breakfast)</li> <li>• 80 EUR (double room, including breakfast)</li> <li>• 65 EUR (triple room, including breakfast)</li> <li>•</li> </ul> <p><b>Herdade Lago Real:</b></p> <ul style="list-style-type: none"> <li>- Rua das Palmeiras * 3070-153 Mira (+351) 231488269</li> <li>- e-mail: <a href="mailto:geral@lagoreal.pt">geral@lagoreal.pt</a></li> <li>- web site: <a href="http://www.lagoareal.pt">www.lagoareal.pt</a></li> </ul> <p>The costs per person/night in this second Hotel are as follows:</p> <ul style="list-style-type: none"> <li>• 100 EUR (single room, including breakfast)</li> <li>• 80 EUR (double room, including breakfast)</li> <li>• 65 EUR (triple room, including breakfast)</li> <li>•</li> </ul> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by <b>21, January, 2026</b> at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <ul style="list-style-type: none"> <li>- The costs for the accommodations must be paid to the LOC by <b>21, January, 2026</b>.</li> </ul>
<b>MEALS</b>	<p>The invited participating federations must pay for the meals expenses of their delegation members.</p> <p><b>Lunch</b> – at ETPC – 24€  <b>Dinner</b> – at the Hotel of Accommodation – 24€</p> <p>While the Meals Form must be returned to the LOC by <b>21, January, 2026</b> at the very latest.</p> <p>The costs for the meals must be paid to the LOC by <b>21, January, 2026</b>.</p>
<b>FINAL BANQUET</b>	<p>There will be tickets for the Final Banquet available at the entry cost of 30 EUR/person. The tickets for the Final Banquet must be paid to the LOC until <b>21, January, 2026</b>.</p> <p>Tickets for the Final Banquet are not refundable.</p>

<b>FINANCIAL OBLIGATIONS</b>	Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices, etc.) will not be allowed to participate in these Competitions. Federations which have not fulfilled their financial obligations towards the Local Organizing Committee 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.
<b>BANK ACCOUNT INFORMATION</b>	All payments must be made in euros, through bank transfer to the following account: <b>Account Name:</b> ACADEMIA CANTANHEDEGYM <b>Bank:</b> Crédito Agrícola <b>Agency:</b> Cantanhede <b>IBAN:</b> PT50004530204023223856527 <b>Swift code:</b> CCCMPTPL <b>Reference:</b> CANTANHEDE AER International Open Competition 2026_(Country) The participating federation is responsible for covering all bank fees in connection with the bank transfers.
<b>CANCELLATION POLICY</b>	Full reimbursement until <b>21, January 2026</b> . No reimbursement shall be made after this date.
<b>TIE BREAKING RULES</b>	In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.
<b>EVENT MANAGER</b>	LOC: João Dias Rua da Concórdia, Lote 12, 3060-149 Cantanhede - Portugal Tel: + 351 925123182 / E-mail: <a href="mailto:academia.cantanhedegym@gmail.com">academia.cantanhedegym@gmail.com</a>
<b>MEDIA</b>	Only journalists and photographers holding an official and valid press card recognized by international press agencies such as the AIPS and official Sports Journalists Associations / National Federations will be accredited. All media representatives (journalists, photographers, TV) must request an accreditation from the O.C. Media Office as soon as possible to have access to the media center on the competition venue.
<b>MARKETING</b>	FIG advertising and publicity norms must be respected.
<b>VIDEO CONTROL SYSTEM</b>	The exact name of the system used will be communicated later.
<b>DEADLINES SUMMARY</b>	Provisional Registration - 26 <sup>th</sup> November 2025 Definitive Registration - 21 <sup>st</sup> January 2026 Nominative Registration - 25 <sup>th</sup> February 2026 Accommodation Form - 21 <sup>st</sup> January 2026 Travel Schedule Form - 21 <sup>st</sup> January 2026 Visa Request Form - 21 <sup>st</sup> January 2026 Meals and Banquet Form - 21 <sup>st</sup> January 2026 Payment of the Entry Fee (100%/if any) - 21 <sup>st</sup> January 2026 Payment of the Accommodation Costs (100%) - 21 <sup>st</sup> January 2026 Payment of the Meals (100%) - 21 <sup>st</sup> January 2026 Payment of the fine for missing judge (if any) - 21 <sup>st</sup> January 2026
<b>ADDITIONAL INFORMATION</b>	Federations which have not fulfilled their financial obligations towards the FIG and LOC (e.g. annual membership fees, insurance, missing payments in previous editions, etc.) will not be allowed to participate in the International Tournament. All participating Federations must commit themselves to respect the Statutes and all FIG rules and regulations.

Sincerely Yours,



Place and date: Lisboa, 18.09.2025

A handwritten signature in blue ink that reads 'Teresa Loureiro'.

Teresa LOUREIRO  
Executive Director of the FIG affiliated NF