

Oeiras Trampoline Cup

– 3rd Edition –

Oeiras, Portugal
May 29 to 31, 2026



DIRECTIVES

Dear FIG Affiliated Member,

Following the decision of the Presidential Commission, the Portuguese Gymnastics Federation and União Recreativa do Dafundo are extremely delighted to invite you to the 3rd edition of **Oeiras Trampoline Cup**. An international competition featuring Trampoline, Double Mini-trampoline, and Tumbling, which will take place from **May 29 to 31, 2026**, at the Carlos Queiroz Pavilion in Oeiras – Portugal.

DIRECTIVES

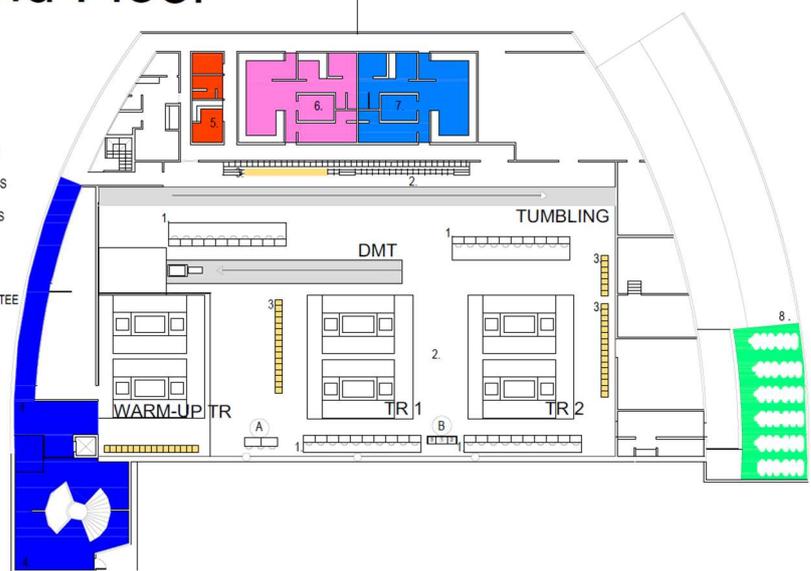
DISCIPLINES	Trampoline Double Mini-trampoline Tumbling
FEDERATION	Federação de Ginástica de Portugal Estrada da Luz, nº 30 A 1600-159 Lisboa / Portugal Tel.: +351 218 141 145 Fax: +351 218 142 950 E-mail: federacao@ginastica.org Website: www.ginastica.org
ORGANIZATION	União Recreativa do Dafundo – Oeiras Trampoline Cup Rua 1º de Maio 12B - 495-745 Cruz Quebrada Technical Director: Jorge Merino LOC: Jorge Merino Contact: +351 916 425 699 Email: oeirastrampolinecup@urdafundo.pt Website: www.oeirastrampolinecup.pt
VENUE	

	<p>Pavilhão Desportivo Carlos Queiroz R. Gaspar Barreiros, 2790-052 Carnaxide</p>
DATES	<p>May 29 to 31, 2026</p>
SPORTS CENTER	<p>Carlos Queiroz Sports Pavilion Carlos Queiroz Sports Park, R. Gaspar Barreiros 2790-052 Carnaxide, Portugal. Location on Map</p> 

PAVILHÃO MUNICIPAL CARLOS QUEIROZ
OEIRAS TRAMPOLINE CUP 2025

Ground Floor

- 1. JUDGES SEATING
- 2. COMPETITION AREA
- 3. GYMNASTS SEATING
- 4. WARM-UP HALL
- 5. WC - STAFF / JUDGES
- 6. WC - GIRLS GYMNASTS
- 7. WC - BOYS GYMNASTS
- 8. MEALS
- (A) ORGANIZING COMMITTEE
- (B) PODIUM

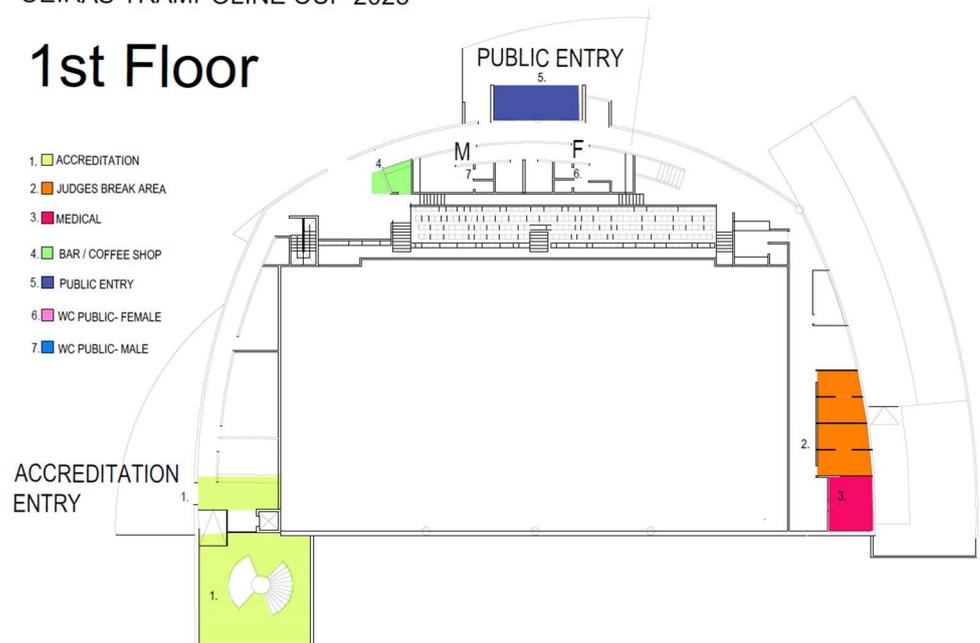


COMPETITION LAYOUT

PAVILHÃO MUNICIPAL CARLOS QUEIROZ
OEIRAS TRAMPOLINE CUP 2025

1st Floor

- 1. ACCREDITATION
- 2. JUDGES BREAK AREA
- 3. MEDICAL
- 4. BAR / COFFEE SHOP
- 5. PUBLIC ENTRY
- 6. WC PUBLIC- FEMALE
- 7. WC PUBLIC- MALE



EQUIPMENT

VIDALGYM – Equipamentos Desportivos, Lda.

<p>PROVISIONAL SCHEDULE</p>	<p>Friday, May 29th</p> <ul style="list-style-type: none"> ● Free Training: 08:00 – 12:00 ● Judges and Delegation Heads Meeting ● Qualifiers: TRI/DMT/TUM <p>Saturday, May 30th</p> <ul style="list-style-type: none"> ● Qualifiers: TRI/TRS/DMT/TUM ● Finals: TUM <p>Sunday, May 31st</p> <ul style="list-style-type: none"> ● Finals: TRI and DMT ● Departure of Delegations
<p>RULES/ REGULATIONS</p>	<p>The event will be organized according to the official FIG rules outlined in the FIG Code of Points 2025-2028.</p> <p style="text-align: center;">Categories</p> <p>Competition by category for Individual Trampoline, Synchronized Trampoline, Double Mini-trampoline, and Tumbling:</p> <ul style="list-style-type: none"> ● Under 10 years (born in 2016 or later) ● 11 – 12 years (born between 2015 and 2014) ● 13 – 14 years (born between 2013 and 2012) ● 15 – 16 years (born between 2011 and 2010) ● +17 (born in 2009 or earlier)

Technical Program – Individual Trampoline (TRI) (U10, 11-12, 13-14 e 15-16)

Qualifying Round to (U10, 11/12, 13/14 and 15/16):

Consists in the sum of two (2) routines. The first routine is optional with requirements, scored for execution (Ex), horizontal displacement (HD), and time of flight (TOF). The second routine is also optional, evaluated for execution, horizontal displacement, time of flight, and difficulty (Dif).

For the (U10, 11-12, 13-14 and 15-16) category, eight (8) gymnasts qualify regardless of the number of participants.

Finals

- Starts from zero and each gymnast performs one routine.

Requirements:

U10

- One (1) element with at least 270° of transversal rotation;
- One (1) element with ventral or dorsal reception.

11-12

- Two (2) elements with at least 270° of transversal rotation.

13-14

- Three (3) elements with at least 270° of transversal rotation.

15-16

- FIG - Rules for Junior and World Age Group Competition (WAGC) 2025 – 2028

Note: The requirements must be performed in the 1st optional routine.

Tie-breaking rules:

Tie-breaking follows FIG Code of Points 2025-2028 ruling.

The U11, 11-12, 13-14 and 15-16 categories follow the tie-breaking rules of the FIG Code of Points 2025-2028 for the Junior category and the World Age Group Competitions (WAGC).

Technical Program – Individual Trampoline (TRI +17)

Trampoline competitions, for individual are composed by Qualifications and Finals, according to the following structure:

Competition phase	Who competes?	What performs?	Starting order
Qualification 1	All gymnasts	2 exercises, best one counts	Draw
Qualification 2	If 48 entries or more, top 24 If 32-47 entries, top 16 If 31 or fewer entries, none	1 exercise	Draw
Final 1	Top 8	1 exercise	Merit + Draw

Tie-breaking rules:

Tie-breaking follows FIG Code of Points 2025-2028 ruling.

The +17 category follows the tie-breaking rules of the FIG Code of Points 2025-2028 for the Senior category of the World Championships.

Synchronized Trampoline (TRS) (All Categories)

Competition:

Composed of one optional routine in all categories, evaluated for execution, difficulty, horizontal displacement, and synchronization (S).

- Pairs can be formed with gymnasts of the same or mixed gender (woman & man).
- No finals will take place in this competition.

Requisites:

- There are no specific requirements for this round.

Tie-breaking rules:

Tie-breaking follows FIG Code of Points 2025-2028 ruling.

The U10, 11-12, 13-14 and 15-16 categories follow the tie-breaking rules of the FIG Code of Points 2025-2028 for the Junior category and the World Age Group Competitions (WAGC).

The +17 category follows the tie-breaking rules of the FIG Code of Points 2025-2028 for the Senior category and the World Championships.

Technical Program Double Mini-Trampoline (DMT)

Qualifying Round to (U10, 11-12, 13-14 and 15-16):

- Composed of two (2) optional routines, evaluated on execution and difficulty.
- Elements cannot be repeated.
- If repeated, the difficulty of the repeated element will not count to the final score.

Access to the finals:

- The top 8 finalists from Q advance to Final.

Final:

- Start from zero and each gymnast perform two routines;
- Elements from the qualifying round can be used.

The U10, 11-12, 13-14 and 15-16 categories follow the tie-breaking rules of the FIG Code of Points 2025-2028 for the Junior category and the World Age Group Competitions (WAGC).

+ 17

DMT competitions are composed by Qualifications and Finals, according to the following structure:

Competition phase	Who competes?	What performs?	Starting order
Qualification 1	All gymnasts	2 exercises	Draw
Qualification 2	If 48 entries or more, top 24 If 32-47 entries, top 16 If 31 or fewer entries, none	1 exercise	Draw
Final 1	Top 8	1 exercise	Merit + Draw
Final 2	Top 4	1 exercise	Keep F1 order

The +17 category follows the tie-breaking rules of the FIG Code of Points 2025-2028 for the Senior category and the World Championships.

Technical Program – Tumbling (TUM) (All categories)

The U10 category follows these rules:

- Routine composed of 4 elements.
- No repetition of somersaults.

The 11-12, 13-14, 15-16 and +17 categories follow the rules of their respective categories in the World Age Group Competitions (WAGC).

The Open Senior category follows the tie-breaking rules of the FIG Code of Points 2025-2028 for the Senior category and the World Championships.

Team Competition Program

Teams are consisted of:

- minimum of 3 and a maximum of 4 gymnasts in the same category per apparatus.
- Each club can register more than one team.

Team Ranking:

- The ranking is based on the sum of the three (3) highest scores of teams' gymnasts in the qualification phase.

RANKINGS

The Oeiras Trampoline Cup will have individual rankings for each apparatus and team rankings based on the results from the qualification phases for DMT, TRI, and TUM competitions.

<p>PRIZES</p>	<p>The top three competitors in each category and gender for DMT, TRI, TRS, and TUM will receive medals. The top three teams in each category and gender will receive trophies.</p>
<p>JUDGING</p>	<p>Each club must register the following number of judges based on the number of registered gymnasts:</p> <ul style="list-style-type: none"> • 2 to 10 participants: One (1) judge • 11 to 19 participants: Two (2) judges • More than 20 participants: Three (3) judges <p>Note: Failure to comply with judging requirements will result in a three hundred euros (300 €) fine for each missing judge.</p>
<p>REGISTRATION</p>	<p>Registration Fees</p> <ul style="list-style-type: none"> • Twenty euros (20 €) per gymnast participating in one of the following apparatuses (TUM, DMT, or TRI), with free TRS registration for the gymnast. • Thirty euros (30 €) per gymnast for participation in two (2) or more apparatus (TUM, DMT, TRI), with free TRS registration for the gymnast. <p>Registration Deadlines</p> <ul style="list-style-type: none"> • May 1st, 2026 – Accommodation Form • May 15th, 2026 – Nominal Registration Final Registration <p>Payment Deadlines</p> <ul style="list-style-type: none"> • May 1st, 2026 – 50% Accommodation payment • May 28th, 2026 – Final payment

PAYMENT INFORMATION	<p style="text-align: center;">UNIÃO RECREATIVA DO DAFUNDO</p> <p>Bank: BANCO BPI, SA Beneficiary: União Recreativa do Dafundo Account: 3-5758265.000.001 NIB: 0010 0000 57582650001 03 IBAN: PT50 0010 0000 5758 2650 0010 3 SWIFT: BBPIPTPL</p> <p style="text-align: center;">Payment Identification:</p> <p>OTC 2026_ (followed by the club, association, or federation name)</p> <p>Notes:</p> <ul style="list-style-type: none">• All costs related to bank transfers are the responsibility of each delegation.• Until proof of payment is provided, all registrations, including transport and meals, are considered provisional.• Proof of payment and proper identification must be sent within the deadlines to oeirastrampolinecup@urdafundo.pt.
INSURANCE	<ul style="list-style-type: none">• All national participants must be registered with the Portuguese Gymnastics Federation (FGP) and listed in Gymbase.• All participants must have valid sports insurance.• Participation in the competition will only be allowed if all matters related to payments, registration, and sports insurance are resolved by 12:00 AM on May 29th, 2026.• The event organizers are not responsible for any accidents that occur in violation of the competition regulations.
OFFICIAL HOSPITAL	<p>Hospital de São Francisco Xavier Estrada do Forte do Alto Duque, 1449-005 Lisboa Telephone: +351 210 431 000</p>

LOGISTICS	As in the previous edition, the Oeiras Trampoline Cup 2026 organization will offer transport, accommodation, and meal proposals to all clubs and delegations upon their demonstration of interest using Email: oeirastrampolinecup@urdafundo.pt
CONTACTS	Oeiras Trampoline Cup Contacts: +351 916 425 699 Website: oeirastrampolinecup.pt Email: oeirastrampolinecup@urdafundo.pt

Sincerely yours,



Organizing Committee

Oeiras Trampoline Cup 2026