



MAIA INTERNATIONAL
ACRO CUP
MIAC XX

(20th edition)

Maia, Portugal
4 – 8 March 2026

All info: www.maiaacrocup.com



1. General Information

Acro Clube da Maia and the Maia City, with the support of the Portuguese Gymnastics Federation and the Portuguese Sports Institute, are pleased to present the

20th Maia International Acro Cup (MIAC'26)

The Competition will take place in the city of Maia from 4 to 8 March 2026. **MIAC'26** is opened to National, Regional and Club Teams.

There will be a Team Competition for **Beginner**, **Aspire** (former Youth), **Pre-Youth** (former Age Group 1), **Junior Base**, **Youth** (former Age Group 2), **Junior** and **Senior**.

The Team classification is defined by the sum of the marks of 3 pairs or groups

(no matter if they are repeated; example: 3 Mix Pairs or 2 Men Four and 1 Women Pair – 1 PG only can be part in 1 team).

This competition is being prepared in accordance with the FIG regulations and rules with the following age groups and categories:

Level	Age Limits	Balance	Dynamic	Combined	General Rules	Particularities
<u>BEGINNER</u> (Infantil)	8 years old - 15 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>ASPIRE</u> (former Youth)	9 years old - 16 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>PRE-YOUTH</u> (former Age Group 1)	9 years old - 16 years old	X	X		Rules for <u>Pre-Youth</u> FIG Age Group	NO HEIGHT DEDUCTION
<u>JUNIOR BASE</u>	10 years old - 18 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
<u>YOUTH</u> (former Age Group 2)	10 years old - 18 years old	X	X	X	Rules for <u>Youth</u> FIG Age Group	
<u>JUNIOR</u>	11 years old - 19 years old	X	X	X	Rules for <u>Junior</u> FIG Age Group	NO DEDUCTION FOR EXCEEDING DIFFICULTY
<u>SENIOR</u>	minimum 12 years old	X	X	X	Rules for <u>Seniors</u>	

ALL CHANGES FROM PAST EDITION ARE HIGHLIGHTED IN YELLOW

TO THANK YOU ALL FOR THESE AMAZING 20 YEARS OF ACRO HISTORY:

ALL DELEGATIONS (Clubs or National Teams) WILL HAVE
10% DISCOUNT if delegation has more than 20 gymnasts

2. Provisional Schedule

Tuesday, 3 rd March	All day	Delegations arrival
	10:00 – 12:00	Free Training
	12:00 – 21:00	Training per Schedule (music)
Wednesday, 4 th March	All day	Delegations arrival
	08:00 – 21:00	Training per Schedule (music)
	18:00 – 21:00	<i>WCup Free Training (no music)</i>
Thursday, 5 th March	09:00 – 18:00	Training per Schedule (music)
	11:30	Orientation Meeting (City Hall)
	15:00	Judge Meeting (Competition Venue)
	13:00 – 17:30	<i>WCup Podium Training (music)</i>
	17:00	Start Warm-up
	18:00 – 22:00	MIAC Qualif. 1 st exercise (Youth/Jun/Sen)
Friday, 6 th March	08:00	Start Warm-up
	09:00 – 21:00	MIAC Qualif. 1 st or 2 nd exercise
	18:00 – 20:00	<i>WCup Qualifications</i>
	21:00 – 21:45	Acrobattle 1st round
Saturday, 7 th March	08:00	Start Warm-up
	09:00 – 21:00	MIAC Qualifications 2 nd exercise
	09:00 – 20:00	MIAC Semi-Finals
	18:00 – 20:00	<i>WCup Qualifications</i>
	21:00 – 21:45	Acrobattle 2nd round
Sunday, 8 th March	08:00	Start Warm-up
	09:00 – 15:00	FINALS
	15:00 – 15:30	Award Ceremonies (Youth / Junior / Senior)
	15:30 – 17:30	<i>WCup Finals</i>
	17:30 – 18:15	<i>WCup Award Ceremonies</i>
	18:30 – 19:30	Acrobattle Finals
	20:30	Banquet & Farewell Party
Monday, 9 th March		Departure of all delegations

3. Competition VenueS & Organizing Committee

- COMPLEXO MUNICIPAL **GINÁSTICA** MAIA (Gymnastics Hall)
- COMPLEXO MUNICIPAL **TÉNIS** MAIA (Tennis Hall)

Rua Altino Coelho - 4470 – 233 Vermoim – MAIA - PORTUGAL

ACRO CLUBE DA MAIA

Rua de Almorode, 185, C - 4470-213 – Maia – PORTUGAL - +351 22 9410731

Info: www.maiaacrocup.com

Email: maiaacrocup@gmail.com

4. Delegation Size

Each delegation may include:

- 1 Head of delegation / 1 Team Manager / 1 Doctor / 1 Physiotherapist
 - **Unlimited Coaches**
 - **Unlimited acrobatic pairs / groups**
 - **COMPULSORY**: At least 1 judge
 - **JUDGE is COMPULSORY**:
 - 2 to 19 Gymnasts – 1 JUDGE // 20 or more Gymnasts – 2 JUDGES
- 600 € penalty fee for each missing judge**

North Gymnastics Association (AGN) Clubs delegation maximum size (13 persons):

- 1 Head of delegation
- 2 Coaches
- **Unlimited Judges // 1 JUDGE is COMPULSORY**
- **10 gymnasts or 4 Pair/Groups**

Portuguese clubs need to register ALSO on Gymbase platform

*(FIG Brevet Judges have **50% discount** in the accommodation package)*

5. Competition Programme

Beginner (*Infantil*) / **Aspire** / **Junior Base** – Rules on www.maiaacrocup.com

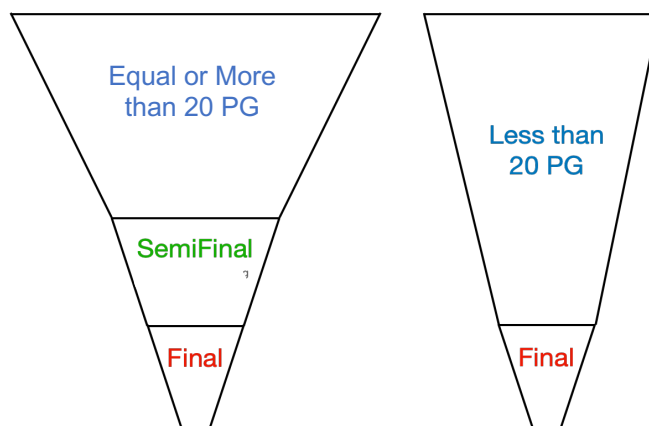
Pre-Youth / **Youth** / **Junior** / **Senior** – FIG Rules (ages according to page 2)

When there are more than 20 PG a semi-final with the top PG will take place to decide who participates in the Elite Final. Semi-finals and Elite Finals start from zero. The access to the semi-final is made according to the following system:

- **If more than 20 PG, half will go to semi-final to a max of 20 PG in the semi-final**
- Some examples:

	QUALIFICATIONS	SEMI-FINAL	FINAL
	Less than 12 PG	→	6 PG in Elite Final
	12 -> 19 PG	→	8 PG in Elite Final
Examples	20 PG	→ 10 PG in Semi-Final	→ 6 PG in Elite Final
	21 PG	→ 11 PG in Semi-Final	→ 6 PG in Elite Final
	30 PG	→ 15 PG in Semi-Final	→ 6 PG in Elite Final
	40 PG	→ 20 PG in Semi-Final	→ 6 PG in Elite Final
	41 PG	→ 20 PG in Semi-Final	→ 6 PG in Elite Final
	50 PG	→ 20 PG in Semi-Final	→ 6 PG in Elite Final

	Routines	
	Qualifications	Semi-Finals & Finals
Beginner	Combined	Combined
Aspire	Combined	Combined
Pre-Youth	Bal + Dyn	Defined by FIG
Junior Base	Combined	Combined
Youth	Bal + Dyn	Combined
Junior	Bal + Dyn	Combined
Senior	Bal + Dyn	Combined



6. Technical Rules

All the following FIG rules considered as valid in January 1st 2026:
Code of Points (2025 – 2028) / SAWAGG Rules (latest version) / FIG Newsletters

7. Drawing of Lots

The drawing for the starting order will be made in advance and it will take place on the February 8th.

8. Deadlines for Entries and Finance Obligations

Provisional entry (not compulsory): up to 4 December (NO PAYMENTS)
Definitive entry: up to 4 January **(30% ACCOMODATION + ENTRY FEE)**
Nominative entry: up to 4 February **(70% ACCOMODATION)**

Bank info:

Account Holder: Acro Clube da Maia
Account Holder Address: Rua de Almorode, 185, C; 4470-213 MAIA
Tel: (+351) 229 410 731
Bank: CAIXA CREDITO AGRICOLA MUTUO
Bank Address: Rua Castilho, 233; 1099-004 LISBOA
Tel: (+351) 213 809 900

IBAN: PT50 0045 1441 4021 5021 5378 3
NIB: 0045 1441 40215021537 83
BIC/SWIFT: CCCMPTPL

All participants must book the Accommodation Package via MIAC'26 LOC.

- The delegations are responsible for covering travel expenses, accommodation & meals (**via Local Organizing Committee**) and entry fee. Delegations that do not reserve accommodation packages via Organizing Committee will NOT be considered.
- The entry fee is not refundable.
- The Accommodation Package is only refundable if cancellations are made until 4 February

9. Entry Fee

50 € per gymnast

10. Accommodation / Meals / Transports

CLASS A Hotel

(Example - Hotel Oporto Airport)

Single room / Full board	130 Euro / night / person
Double room / Full board	125 Euro / night / person

CLASS B1 Hotel

(Example - Hotel Star Inn)

Superior Single room / Full board	120 Euro / night / person
Superior Double room / Full board	115 Euro / night / person

CLASS B2 Hotel

(Example - Park Hotel Valongo)

Superior Single room / Full board	100 Euro / night / person
Superior Double room / Full board	95 Euro / night / person

CLASS C Hotel

(Example – Youth Hostel)

Single / Double	85 Euro / night / person
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Full board (breakfast, lunch and dinner) is included in accommodation packages.

Breakfast will be served at the hotel.

Lunch and dinner will be served in the Sports Complex, close to the competition hall.

If you want to stay in the same hotel as other delegation, you must inform the OC Office as soon as possible – use maiaacrocup@gmail.com and add a note in Acro Companion Registration.

We use several hotels in each category, according to demand, not the only in the example!!

The prices charged for the hotel rooms will not exceed the usual hotel rates (including Full Board – breakfast, lunch, dinner – and all transportation). Hotel rooms will be allocated on a “first come, first serve” basis.

Transfers by bus to and from the **Porto Airport** and **Campanha Train Station** (Oporto) to the official hotel, as well as from the official hotel to the competition hall, will be provided to all delegations.

Accommodation will be reserved after fulfilled the financial obligations at the DEFINITIVE ENTRY: 30% accommodation package + entry fee.

11. Visa

If you need an official invitation to obtain a visa to travel to Portugal, please contact the OC as soon as possible.

12. Insurance

All delegations are responsible for ensuring the appropriate coverage against accidents and illness. The OC will verify the certificates of insurance of all delegation members upon arrival at accreditation. All persons who cannot provide proof of adequate insurance coverage will not be allowed to compete.

13. Medical Services

A physiotherapist / sport masseur and Red Cross personnel will be present during competitions and all training sessions.

14. Media Representatives

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. Please contact the OC before 4th February to be eligible to a Media Accreditation. The media will be assigned special areas and working conditions.

15. Accreditation

Accreditation at:

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA – OC OFFICE

Tuesday, 3rd March from 12:00 - 22:00

Wednesday, 4th March from 9:00 - 22:00

Thursday, 5th March from 9:00 – 12:00

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, official transport, lunches and dinners.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So, if you lose your accreditation card, you will have to buy a new one for the price of 250 €.

Additional accreditations can be requested. The price of 250 € per extra accreditation includes lunch and dinner (Wednesday to Sunday), free entry to competition, training and Farewell Party.

When all the commitments are fulfilled, all delegation members will receive their accreditations. All participants and officials are required to wear the accreditations at the all times.

Delegations will receive accreditation based on nominative entry upon arrival at the Competition Venue.

On the Nominative Entry you will be asked to insert a **photo of each delegation member on Acro Companion and also a photo of the Pair / Group - deadline is 4th February.**

The specification of the photo should be: JPG, JPEG, PNG / Size: 1,9 Mb (max)

16. Tariff sheets / Music

All Tariff Sheets must be made on **ACROCOMPANION** software and submitted until **February 25th**. Late submission needs to be approved by the Superior Judges.

All Music files must be uploaded on **ACROCOMPANION** software along with the tariff sheets until the **February 25th**. After that date, no more files will the downloaded from **ACROCOMPANION** to be used in trainings or competitions.

Music files can be changed or add up to 48 hours before competition time, with a fee of 50€ per music.

(The PARTICIPANTS NUMBER will be given after the Nominative Entries)

17. Orientation Meeting

The orientation meeting will take place on Thursday 5 March on the City Hall at 11:00. This meeting is for Head of Delegation, Team Managers, Judges and Coaches. Each head of delegation will receive the official competition plan.

18. Prize Money & Medal Award Ceremonies

All finalists are requested to participate in Medal Award Ceremonies. They are requested to appear in Track Suit. **Top 3** will receive medals. There will be a Team Competition (all Age Groups).

There will be **PRIZE MONEY** of more than **12.000€** in for the **JUNIOR and SENIOR Competition** as following (*increased from last year in more than 60%*):

- 1st place – **250 EUR** (for each partner of the Pair/Group)
- 2nd place – **150 EUR** (for each partner of the Pair/Group)
- 3rd place – **50 EUR** (for each partner of the Pair/Group)

For be eligible to Prize Money award, P/G must perform scores equal or above 82,00 (Balance + Dynamic + Final).

Balance and Tempo overall marks *Special Prize Money Award (Junior and Senior)* will be given to the best Balance and Tempo routines (sum of the Balance and Tempo overall marks): 300 EUR (for the Pair/Group).

Higher Difficulty Score *Special Prize Money Award (Senior)* will be given to the higher difficulty score in Competition: 300 EUR (for the Pair/Group).

19. Farewell Party

A farewell party will be organized and will be followed by disco and dance. All delegations that have booked their accommodation with the OC are invited to participate without additional payment. Under-age alcohol control measures will be provided to each Head of Delegation.

Extra tickets will be available at the OC office at 45€ per person. Requests for extra tickets must be made, at the very latest, by Sunday morning (March 8nd).

20. Acrobattle

Saturday evening, there will be a Battle Contest between teams that want to participate for total Prize Money of more than 5000€. Let's put a show together!!

The rules are simple:

- Teams of 3 Pairs / Groups (regardless the country or the team they belong) will have 2'00" to perform which elements they want for the **MAXIMUM DIFFICULTY** possible: **TEAM = 1 YOUTH + 1 JUNIOR + 1 SENIOR**;
- Each team must be identified by a name;
- An execution judge will evaluate if the elements count or not but will NOT score for Execution;
- Every time a top goes on the floor, another PG can start;
- Each partnership can make the entries they want in the 2'00" of time but the same partnership cannot make 2 entries in a row;
- Difficulty only starts counting for the next PG after the previous PG top touches the floor (so, for example, a M4 can be in full column but in a position of no value and only starts performing when the top of the previous PG is on the floor);

- NO ATTIRE RULES (*be free but play safe and decent*) – **advertisement** is allowed
- Wins the TEAM that performs the highest overall difficulty.
- Limit of participants of 20 teams (in order to participate, teams must send a video or group of videos with the expected performance – teams will be selected according to the highest difficulty)

21. Additional Information

All further information concerning the detailed program will be given with the official workplan, in February 2026.

MIAC'26 NewsFlash will be sent by email and put online on the Official website in all major updates.

Additional payments:

No judge on delegation: 600 €

Judge No Show at the assigned judge panel: 600 €

All participants must book the Accommodation via MIAC'26 packages

Important Dates

Provisional Entry (not compulsory)	Up to 4 December
Definitive Entry	Up to 4 January
Payment: 100% entry fee + 30% accommodation	by Definitive Entry to be valid
Nominative Entry (70% of payment)	Up to 4 February
Individual & PG photo -> Nominative online system	4 Feb. (with Nominative entry)
Tariff Sheet & Music deadline (AcroCompanion)	25 February