



MAIA INTERNATIONAL
ACRO CUP

MIAC XVIII

(18th edition)

XII MAIA FIG ACRO WORLD CUP

Maia, Portugal – 15th – 19th MAY 2024

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

18th Maia International Acro Cup (MIAC'24)

The Competition will take place in the city of Maia from 15 to 19 May 2024. **MIAC'24** is opened to National, Regional and Club Teams.

There will be a Team Competition for Beginner, Youth, Age Group 1, Junior Base, 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).

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
BEGINNER (Infantil)	8 years old - 15 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
YOUTH (Iniciado)	9 years old - 16 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
AGE GROUP 1	9 years old - 16 years old	X	X		Rules for 11-16 FIG Age Group	NO HEIGHT DEDUCTION
JUNIOR BASE	10 years old - 18 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
AGE GROUP 2	10 years old - 18 years old	X	X	X	Rules for 12-18 FIG Age Group	
JUNIOR	11 years old - 19 years old	X	X	X	Rules for 13-19 FIG Age Group	NO DEDUCTION FOR EXCEEDING DIFFICULTY
SENIOR	minimum 12 years old	X	X	X	Rules for Seniors	

TO THANK YOU ALL FOR THESE AMAZING 18 YEARS OF ACRO HISTORY:

ALL DELEGATIONS (Clubs or National Teams) WILL HAVE 10% DISCOUNT if delegation has more than 20 gymnasts & 2 judges (minimum)

ALL GYMNASTS MEDALIST in WAGG'24 or WCh'24 WILL HAVE 20% DISCOUNT

2. Provisional Schedule

Tuesday, 14 th May	All day	Delegations arrival 10:00 – 12:00 Free Training 12:00 – 21:00 Training per Schedule (music)
Wednesday, 15 th May	All day	Delegations arrival 08:00 – 20:00 Training per Schedule (music)
Thursday, 16 th May	09:00 – 13:00 11:30 15:30 17:00 18:00 – 22:00	Training per Schedule (music) Orientation Meeting (City Hall) Judge Meeting (Competition Venue) Start Warm-up MIAC Qualif. 1 st exercise (Jun/Sen)
Friday, 17 th May	08:00 09:00 – 21:00	Start Warm-up MIAC Qualif. 1 st or 2 nd exercise
Saturday, 18 th May	08:00 09:00 – 21:00 09:00 – 21:00	Start Warm-up MIAC Qualifications 2 nd exercise MIAC Semi-Finals
Sunday, 19 th May	08:00 09:00 – 16:00 16:00 – 17:00 20:30	Start Warm-up Semi-Finals / MIAC Elite FINALS Award Ceremony Banquet & Farewell Party
Monday, 20 th May		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
- 600 € penalty fee if no judge is not presented or misses a competition session**

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

5. Competition Program (click the links in blue to download)

[Beginner \(Infantil\)](#)

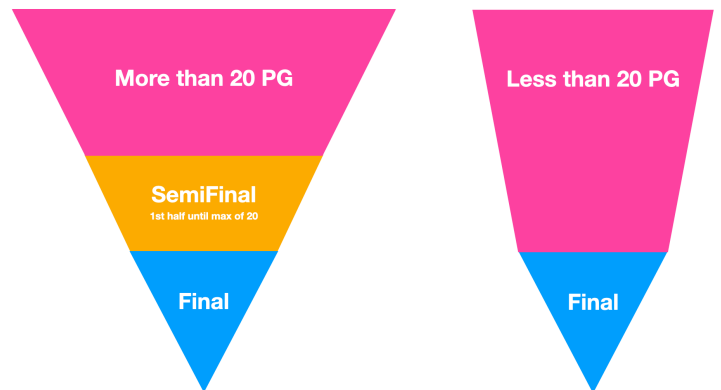
[Youth \(Iniciado\)](#)

[Junior Base](#)

Age Group 1 / Age Group 2 / Junior / Senior – FIG Rules (ages according to page 2)

All Pair / Groups from Youth, Age Group 1 and 3 will be able to perform up to 3 routines.
All PG from all other Age Group 2 and 4, Junior and Senior will be able to perform up to 4 routines.

How it will run:	Routines	
	Semi-Final 1 st half of ranking (starts from zero)	Final Top 6 (starts from zero)
More than 20 PG		
Beginner	Combined	Combined
Youth	Combined	Combined
Age Group 1	Different from Final	Defined by FIG
Junior Base	Combined	Combined
Age Group 2	Combined	Combined
Junior	Combined	Combined
Senior	Combined	Combined



If there are **less** than 20 PG: 12 or more = 8 PG in Final / less than 12 = 6 PG in Final

Example1: 21 Trios -> 10 best in the ranking on Semi-Final -> Top 6 of Semi-Final -> Final
Example2: 50 Trios -> 20 best in the ranking on Semi-Final -> Top 6 of Semi-Final -> Final

6. Technical Rules

All the following FIG rules considered as valid in January 1st 2024:
Code of Points (2022 – 2024) / 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 April 20th.

8. Deadlines for Entries and Finance Obligations

Provisional entry (not compulsory): up to [15 February](#) (**NO PAYMENTS**)

Definitive entry: 5 January up to **15 March** (**30% ACCOMODATION + ENTRY FEE**)

Nominative entry: 15 March up to **15 April** – (**70% ACCOMODATION**)

THE REMAINING PAYMENT MUST BE MADE ON ACCREDITATION OR IN ADVANCE BY WIRE TRANSFER

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 via MIAC'24 OC.
 No participant will be accepted if booked outside the organization**

- The delegations are responsible for covering travel expenses, accommodation & meals (via Organizing Committee) and entry fee.
- The entry fee is not refundable.
- The accommodations are only refundable if cancellations are made until 14 April.
- All delegations must bring (at least) 1 Judge

NO-JUDGE PENNALT: 600 €

*Teams with more than 20 gymnasts NEED to bring a minimum of 2 judges.
 (International Judges have 50% discount in the accommodation package).*

9. Entry Fee

40 € per gymnast

10. Accommodation / Meals / Transports

CLASS A Hotel

(Example - Hotel Axis Porto Business & Spa - 15' from Sports hall by bus)

Single room / Full board	130 Euro / night / person
Double room / Full board	110 Euro / night / person

CLASS B1 Hotel

(Example - Hotel Star Inn - 20' from Sports hall by bus)

Superior Single room / Full board	120 Euro / night / person
Superior Double room / Full board	110 Euro / night / person

CLASS B2 Hotel

(Example - Park Hotel Valongo - 45' from Sports hall by bus)

Superior Single room / Full board	100 Euro / night / person
Superior Double room / Full board	90 Euro / night / person

CLASS C Hotel – 20' from Sports hall

Single / Double	80 Euro / night / person
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Full board 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. The prices charged for the hotel rooms will not exceed the usual hotel rates (including Full Board – breakfast, lunch, dinner – and 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 included in the Accommodation Package.

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 ask for the certificates of insurance of all delegation members in the accreditation/inscription process. All persons who cannot provide proof of adequate insurance coverage will not be allowed to compete.

13. Medical Services

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

14. Media Representatives

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. Please contact the OC before 1st March to be eligible to a Media Accreditation. The media will be assigned special areas and working conditions.

15. Accreditation / **Tariff sheets / Music**

Accreditation at:
COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA – OC OFFICE
Tuesday, 14 May from 12:00 - 22:00
Wednesday, 15 May from 9:00 - 22:00
Thursday, 16 May 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 form you will be asked to insert a **photo of each delegation member by the Nominative Entry deadline (15th April).**

The **tariff sheets** & **music** must be made on **ACROCOMPANION** software and uploaded until the **May 6th** – PLEASE IDENTIFY THE TARIFF SHEETS WITH THE P/G NUMBER

Note: **B** = Beginner; **Y** = Youth; **AG1** = Age Group 1; **AG2** = Age Group 2; **JB** = Junior Base; **J** = Junior; **S** = Senior

(The Pair / Group NUMBER will be given after the Nominative Entries and will appear in the Participants Lists)

16. Orientation Meeting

The orientation meeting will take place on Thursday 16th March on the City Hall at 14:00. This meeting is for Head of Delegation, Team Managers, Judges and Coaches. Each head of delegation will receive the official competition plan.

17. Prize Money & Medal Award Ceremonies

All finalists are requested to participate in Medal Award Ceremonies. They are requested to appear in competition attire. **Top 3** will receive medals.

There will be a Team Competition (Age Group, Junior and Senior).

There will be **PRIZE MONEY** of more than **10.000€** in for the **AGE GROUP 2, JUNIOR and SENIOR Competition** as following:

1st place – 150 EUR (for each partner of the Pair/Group)

2nd place – 100 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 78,00 (Balance + Dynamic + Final) – mark **without** DIFFICULTY.

Special Prize Money Award (Age Group 2, Junior and Senior) will be given to the best Balance and Tempo routines (sum of the Balance and Tempo overall marks): 150 EUR (for the Pair/Group).

Special Prize Money Award (Senior) will be given to the higher difficulty score in Competition: 150 EUR (for the Pair/Group).

18. 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.

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 (May 19th).

20. Additional Information

All further information concerning the detailed program will be given with the official workplan, in April 2024.

MIAC'24 NewsFlash will be sent by email and put online on the Official website in all major updates.

Additional payments:

No judge on delegation: 600 €

**All participants must book the Accommodation via MIAC'24 packages
No participant will be accepted if booked outside the organization**

Note: € = Euro.

MIAC'24 OC

Important Dates – KEEP IN MIND

Provisional Entry (not compulsory)	20 September up to 15 February
Definitive Entry	5 January up to 15 March
Payment: 100% entry fee + 30% accommodation	by Definitive Entry to be valid
Nominative Entry (rest of payment)	15 March up to 15 April
Individual photo -> Nominative online system	15 April (with the Nominative entry)
Tariff Sheet & Music deadline (AcroCompanion)	6 May