



MAIA INTERNATIONAL  
**ACRO CUP**  
**MIAC XIX**

(19<sup>th</sup> edition)

**Maia, Portugal**  
**25 February – 2 March 2025**

All info: [www.maiaacrocup.com](http://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

### **19<sup>th</sup> Maia International Acro Cup (MIAC'25)**

The Competition will take place in the city of Maia from 26 February to 2 March 2025.

**MIAC'25** 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
<b>BEGINNER</b> (Infantil)	8 years old - 15 years old			X	<b>General rules on page 4</b>	<b>NO HEIGHT DEDUCTION</b>
<b>ASPIRE</b> (former Youth)	9 years old - 16 years old			X	General rules on page 4	<b>NO HEIGHT DEDUCTION</b>
<b>PRE-YOUTH</b> (former Age Group 1)	9 years old - 16 years old	X	X		Rules for <b>Pre-Youth</b> FIG Age Group	<b>NO HEIGHT DEDUCTION</b>
<b>JUNIOR BASE</b>	10 years old - 18 years old			X	<b>General rules on page 4</b>	<b>NO HEIGHT DEDUCTION</b>
<b>YOUTH</b> (former Age Group 2)	10 years old - 18 years old	X	X	X	Rules for <b>Youth</b> FIG Age Group	
<b>JUNIOR</b>	11 years old - 19 years old	X	X	X	Rules for <b>Junior</b> FIG Age Group	<b>NO DEDUCTION FOR EXCEEDING DIFFICULTY</b>
<b>SENIOR</b>	minimum 12 years old	X	X	X	Rules for <b>Seniors</b>	

**ALL CHANGES FROM PAST EDITION ARE HIGHLIGHTED IN YELLOW**

**TO THANK YOU ALL FOR THESE AMAZING 19 YEARS OF ACRO HISTORY:**

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

**ALL PAIRS / GROUPS MEDALIST** in WAGG'24 or WCh'24 **WILL HAVE 20% DISCOUNT**

## **2. Provisional Schedule**

Tuesday, 25 <sup>th</sup> February	All day	Delegations arrival 10:00 – 12:00 Free Training 12:00 – 21:00 Training per Schedule (music)
Wednesday, 26 <sup>th</sup> February	All day	Delegations arrival 08:00 – 20:00 Training per Schedule (music)
Thursday, 27 <sup>th</sup> February	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 <sup>st</sup> exercise (Jun/Sen)
Friday, 28 <sup>th</sup> February	08:00 09:00 – 18:00 <b>18:00 – 20:00 Acro Battle</b> 20:00 – 22:00	Start Warm-up MIAC Qualif. 1 <sup>st</sup> or 2 <sup>nd</sup> exercise <b>MIAC Qualif. 1<sup>st</sup> or 2<sup>nd</sup> exercise</b>
Saturday, 1 <sup>st</sup> March	08:00 09:00 – 21:00 09:00 – 20:00 21:00 – 21:30	Start Warm-up MIAC Qualifications 2 <sup>nd</sup> exercise MIAC Semi-Finals MIAC BATTLE
Sunday, 2 <sup>nd</sup> March	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, 3 <sup>rd</sup> 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](http://www.maiaacrocup.com)

Email: [maiaacrocup@gmail.com](mailto: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 Gymnast – 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**
- **10 gymnasts or 4 Pair/Groups**
- **1 JUDGE is COMPULSORY**

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

**5. Competition Programme**

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

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

*All Pair / Groups from **Beginner, Aspire and Junior Base** will be able to perform **up to 3** routines.  
All PG from all other **Pre-Youth, Youth, Junior and Senior** will be able to perform **up to 4** routines.*

How it will run:	Routines	
Equal or more than 20 PG	<b>Semi-Final</b> max top 20 in ranking (starts from zero)	<b>Final</b> Top 6 (starts from zero)
Beginner	Combined	Combined
Aspire	Combined	Combined
Pre-Youth	Different from Final	Defined by FIG
Junior Base	Combined	Combined
Youth	Combined	Combined
Junior	Combined	Combined
Senior	Combined	Combined

*Example: 50 Trios -> 20 best in the ranking on Semi-Final -> **Top 6** of Semi-Final -> Final*

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

**6. Technical Rules**

All the following FIG rules considered as valid in January 1<sup>st</sup> 2025:  
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 4<sup>th</sup>.

**8. Deadlines for Entries and Finance Obligations**

*Provisional entry (not compulsory): up to **28 November (NO PAYMENTS)***  
**Definitive entry:** up to **28 December (30% ACCOMODATION + ENTRY FEE)**  
**Nominative entry:** up to **28 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'25 OC.**

- The delegations are responsible for covering travel expenses, accommodation & meals (via **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 **28 January**

**9. Entry Fee**

40 € 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	120 Euro / night / person

**CLASS B1 Hotel**

**(Example - Hotel Star Inn)**

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)**

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

**CLASS C Hotel**

**(Example – Youth Hostel)**

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.

*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](mailto:maiaacrocup@gmail.com) and add a note in Acro Companion Registration.*

*We use several hotels in each category, according to demand, not 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 28<sup>th</sup> January 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, 25 February from 12:00 - 22:00  
Wednesday, 26 February from 9:00 - 22:00  
Thursday, 27 February 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 by the Nominative Entry deadline (28<sup>th</sup> January)**.

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 18<sup>th</sup>**. 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 18<sup>th</sup>**. After that date, no more files will be 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 27 February 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%*):

1<sup>st</sup> place – **250 EUR** (for each partner of the Pair/Group)

2<sup>nd</sup> place – **150 EUR** (for each partner of the Pair/Group)

3<sup>rd</sup> 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.

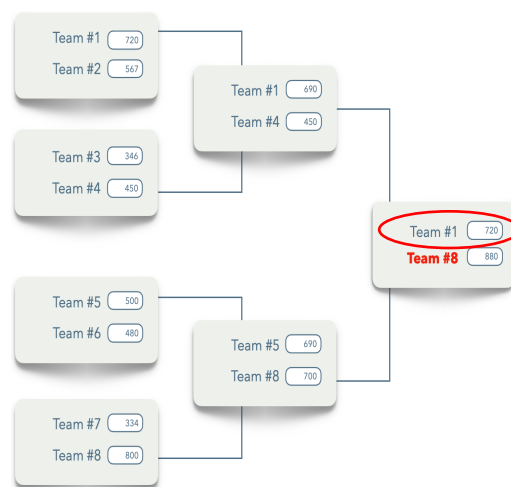
Extra tickets will be available at the OC office at 45€ per person. Requests for extra tickets must be made, at the very latest, by Sunday morning (March 2<sup>nd</sup>).

## 20. Acro Battle

**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 those 2'00" of time but 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 when the top of the previous PG is on the floor);
- NO ATTIRE RULES (*be free but play safe and decent*)
- Wins the TEAM that performs the highest overall difficulty;



## 21. Additional Information

All further information concerning the detailed program will be given with the official workplan, in February 2025.

**MIAC'25 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'25 packages**

## **Important Dates**

Provisional Entry (not compulsory)	Up to 28 November
<b>Definitive Entry</b>	<b>Up to 28 December</b>
<b>Payment: 100% entry fee + 30% accommodation</b>	<b>by Definitive Entry to be valid</b>
<b>Nominative Entry (70% of payment)</b>	<b>Up to 28 January</b>
Individual photo -> Nominative online system	28 Feb. (with Nominative entry)
<b>Tariff Sheet &amp; Music deadline (AcroCompanion)</b>	<b>18 February</b>