



MAIA INTERNATIONAL  
**ACRO CUP**

**MIAC XX**

(Yes, it's our 20<sup>th</sup> anniversary)

**WORKPLAN**

V.1 – 18/02/2026

**Maia, Portugal**  
**4 March – 8 March 2026**

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

Tickets: <https://acroclubedamaia.bol.pt/>



# 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

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

## 2. Definitive Schedule

<b>Tuesday, 3<sup>rd</sup> Mar</b>	10:00 – 19:00 Training per schedule – NO MUSIC
<b>Wednesday, 4<sup>th</sup> Mar</b>	All day Delegations arrival 08:00 – 22:00 Training per schedule (MUSIC)
<b>Thursday, 5<sup>th</sup> Mar</b>	08:00 – 17:00 Training per schedule (MUSIC) <b>10:00 – 11:00 Orientation Meeting</b> (City Hall – buses leave 9:30) <b>11:00 - 12:00 Technical Round Table</b> (City Hall) <b>12:15 – 13:15 Judge Meeting – COMPULSORY</b> (City Hall)
<b>Thu – Sun, 5<sup>th</sup>- 8<sup>th</sup> Mar</b>	<b>Competition days</b> (schedule below)
<b>Sunday, 8<sup>th</sup> Mar</b>	20:30 Dinner & Farewell Party
<b>Monday, 9<sup>th</sup> Mar</b>	Departure of all delegations

### **Competition Schedule**

	<b>SportsHall 1 (Tennis Venue)</b>	<b>SportsHall 2 (Gymnastics Venue)</b>
Thursday, 5 March	15:00 – 22:00 – YOUTH ( <i>Qualifications Balance</i> )	18:00 – 22:00 – JUNIOR ( <i>Qualifications Dynamic</i> ) SENIOR ( <i>Qualifications Dynamic</i> )
Friday, 6 March	10:00 – 21:15 – BEGINNER ( <i>Qualification</i> ) ASPIRE ( <i>Qualification</i> ) JUNIOR BASE ( <i>Qualification</i> )	09:00 – 11:40 – PRE-YOUTH ( <i>Qualification Balance W3</i> ) PRE-YOUTH ( <i>Qualification Dynamic All</i> ) 12:00 – 21:30 – JUNIOR ( <i>Qualification Balance</i> ) SENIOR ( <i>Qualification Balance</i> ) WORLD CUP JUNIOR ( <i>Semi Finals W3</i> ) SENIOR ( <i>Semi Finals W3</i> ) ACROBATTLE ( <i>Qualifications</i> )
Saturday, 7 March	09:00 – 21:45 – YOUTH ( <i>Qualifications Dynamic</i> ) BEGINNER ( <i>Semi Finals</i> ) ASPIRE ( <i>Semi Finals</i> ) YOUTH ( <i>Semi Finals W2/W3</i> ) JUNIOR BASE ( <i>Semi Finals</i> )	09:30 – 21:30 – PRE-YOUTH ( <i>Qualifications Dynamic W3</i> ) PRE-YOUTH ( <i>Qualifications Balance All</i> ) JUNIOR ( <i>Qualification W2/Mx/M2/M4</i> ) SENIOR ( <i>Qualification W2/Mx/M2</i> ) WORLD CUP ACROBATTLE ( <i>Finals</i> )
Sunday, 8 March	10:00 – 13:30 – BEGINNER ( <i>Finals</i> ) ASPIRE ( <i>Finals</i> ) 13:30 – 15:45 – JUNIOR BASE ( <i>Finals</i> ) YOUTH ( <i>Finals</i> )	10:00 – 19:00 – PRE-YOUTH ( <i>Finals</i> ) JUNIOR ( <i>Finals</i> ) SENIOR ( <i>Finals</i> ) WORLD CUP ( <i>Finals</i> )

## 3. Competition Venue

### **Sports Hall 1 - COMPLEXO MUNICIPAL DE TÊNIS (Tennis Municipal Hall)**

Categories: Beginner - Aspire – Junior Base - Youth

### **Sports Hall 2 - COMPLEXO MUNICIPAL GINÁSTICA MAIA (Gymnastics Hall)**

Categories: Pre-Youth – Junior – Senior – (*World Cup*)

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

## 4. Organizing Committee

### **ACRO CLUBE DA MAIA**

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

Info: [www.maiaacropcup.com](http://www.maiaacropcup.com) / email: [maiaacropcup@gmail.com](mailto:maiaacropcup@gmail.com)

**ORGANIZING COMMITTEE**

Mr. José Carlos Ribeiro	OC President (Acro Clube da Maia President)
Mr. Marco Gabriel	OC Vice-President
Mr. Tiago Maia	Competition Director
Mr. Lourenço França	Technical Director
Mr. José Bastos	Floor Manager Sportshall 1(Competition and Warm-Up)
Mr. João Maia	Floor Manager Sportshall 2 (Competition and Warm-Up)
Mrs. Daniela Faria	Secretariat / Accreditations
Mr. Fernando Santos	Accommodation & Transportation <b>+ 351 966 765 369</b>
Mr. Adelino Maia	Meals / Volunteers / Access Control Manager
Ms. Úrsula Martins	Medical
Ms. Eunice Lebre	Safeguard Officer
Mr. Sérgio Mateus	Communications and Media resources
Mr. David Gillemot	Scoring and Judging
Ms. Joana Magalhães	Opening and Award Ceremonies
Mrs. Cristina Borges	Merchandising
Mr. Rui Osório	Photography and Video
Mr. Neves Dias	Bar Platoon

**JUDGING**

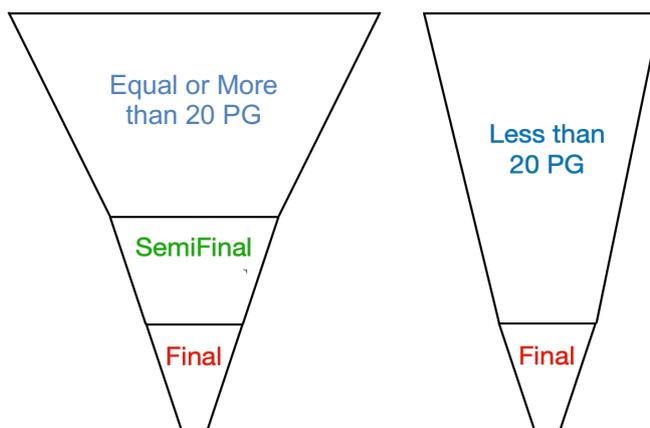
Judge panels for the MIAC'26 are a responsibility of the Local Organising Committee – **Superior Judges Adam Wong (GBR), Pedro Emídio (POR), Jessie Verelst (BEL), Gonzalo Ogando (ESP), Heleri Tinno (EST) and Elena Brambilla (ITA)** with the important support of David Gillemot (BEL) from Acro Companion.

**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	
	Semi-Final <small>max top 20 in ranking (starts from zero)</small>	Final <small>Top 6 (starts from zero)</small>
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. Official Hotels**

AXIS PORTO	CLASS A	HF TUELA	CLASS B1
EUROSTARS MATOSINHOS	CLASS A	IBIS SÃO JOÃO	CLASS B1
EUROSTARS PORTO CIRCU	CLASS A	MOOV PORTO NORTE	CLASS B1
HOLIDAY INN EXPONOR	CLASS A	PARK AEROPORTO	CLASS B1
Oporto AIRPORT	CLASS A	STAR INN PORTO	CLASS B1
Oporto FLY	CLASS A	PARK AEROPORTO	CLASS B2
TRIP PORTO EXPO	CLASS A	PARK VALONGO	CLASS B2
		B&B PORTO EXPO	CLASS C
		ARTGYM TRAINING CENTRE	

## **7. Meals**

Full board is included in the accommodation packages booked through the OC. Breakfast will be served at the hotel. Lunch and dinner will be served close to the Competition Venue, inside the Sports Complex.

**NO ACCREDITATION ID BADGE— NO MEALS!!!**

DAY	LUNCH	DINNER
<b>Tuesday, 3 March</b>	<b>12:00 – 14:00</b>	<b>19:00 – 21:00</b>
<b>Wednesday, 4 March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Thursday, 5 March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Friday, 5 March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Saturday, 6 March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Sunday, 7 March</b>	<b>11:00 – 15:00</b>	<b>Banquet 20:00</b>

***Extras Meals: 15 Euro/meal/person***

## **8. Transport**

Transfers by bus to and from the **Porto Airport** or **Campanhã (Porto) Train Station** to the official hotel, as well as from the official hotel to the training and competition hall will be provided to the delegations that booked their accommodation through the Organizing Committee. The drivers will strictly follow the schedule. **Please be on time!!!**

## **9. Accreditation**

Accreditation at:

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA – OC OFFICE

Tuesday, 3 March from 8:00 – 21:00

Wednesday, 4 March from 8:30 – 21:00

Thursday, 5 March from 8:30 – 17:00

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.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements and make the necessary payments (including

insurance, if necessary). The definitive competition schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, 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.

## **10. Technical Rules**

All the following FIG rules considered as valid in 2026:

Code of Points (2025 – 2028) / SAWAGG Rules – All newsletters

## **11. Training Schedule**

**PLEASE CHECK APPENDIX 1 (in the end of the Workplan)**

Special training for Junior W3 and Senior W3 **qualified for FINALS** will be made on **Saturday, March 7 from 9:00 to 11:00** at Acro Clube da Maia (*bus will leave Sportshall 2 at 8:40*).

## **12. Equipment / Floor**

**Gao Fei Spring floor** – Sportshall 1

**Spieth Spring floor** – Sportshall 2

## **13. Orientation Meeting / Round Table / Judges Meeting**

The **Orientation Meeting** will take place on **Thursday, 5 March at 10:00 in the City Hall**. This meeting is for Head of Delegation, Team Managers, Judges and Coaches. **Buses will leave at 9:30 from Sportshall 2.**

A **Technical Round Table** about **Acro, the rules and future of our sport** will be held immediately after the Orientation Meeting at 11h00. The panel of *Mr. Marco Palella* (Maia Acro World Cup Technical Delegate), *Mr. Lourenço França* (LOC) and *Mr. David Gillemot* (Acro-Companion) will be moderated by *Ms. Eunice Lebre* (former WG Safeguard responsible and current Safeguard Officer of MIAC and WCup). The Round Table is open to all Head of Delegation, Team Managers, Judges and Coaches.

The Judges meeting will take place on **Thursday, 5 March at 12:15 in the City Hall**. **The judge's meeting is compulsory**. Judging orders will be given in advance on Acro-Companion.

**FRIENDLY REMINDER#1: MIAC'26 starts at 15h00 on Thursday, March 5<sup>th</sup>.**

**FRIENDLY REMINDER#2: Judge No Show at the assigned judge panel: 600 €**

## **14. Gymnasts Flow Plan**

Gymnasts will perform facing the Judges Panel. Gymnasts **MUST** go straight to the place where the routine begins without walking on the floor limits and stop **without** presentation on the start position.

## **15. Medal Award Ceremonies**

All medallists 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:

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 Dynamic overall marks **Special Prize Money Award (Junior and Senior)** will be given to the best Balance and Dynamic routines (sum of the Balance and Dynamic 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).***

## **16. Farewell Party**

A farewell party will be organized (in the meals main hall) 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 Euro per person. Requests for extra tickets must be made, at the very latest, by Sunday, 8<sup>nd</sup> March at 11:00.

**Delegations will go directly from the competition venue to the banquet / farewell party.**

## **17. Insurance**

All delegations are responsible for having the necessary coverage against accidents and illness. The OC will verify the certificates of insurance of all delegation members upon arrival at accreditation. All accredited persons who cannot provide proof of adequate insurance coverage must buy an insurance package for 50 Euro a person, offered by the OC in order to be accredited.

## **18. Media & Media Conferences**

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. Please contact the OC as soon as possible ([presidencia@acromaia.pt](mailto:presidencia@acromaia.pt)). The media will be assigned special seating and working conditions.

## **19. Acro Battle**

***Friday and Saturday evening, there will be a Battle Contest between teams that want to participate for total Prize Money of more than 5000€ (if more than 10 teams) and 2500€ (if 10 or less teams). Let's put a show together!!***

### **General Rules**

- 1 - 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 (according to FIG rules): **TEAM = 1 YOUTH + 1 JUNIOR + 1 SENIOR**; (difficulty is open for every age category)
- 2 - Each team must be identified by a name;
- 3 - An execution judge will evaluate if the elements count (or not) but will NOT score for Execution;
- 4 - The 2 min. countdown will stop every time the top goes on the floor;
- 5 - Each team can make the skills they want in those 2'00" of time but each partnership cannot make 2 entries in a row (there should be always the same sequence between partnerships);
- 6 - 2, 3 or 4 teams on the floor at the same time, but they perform one at a time. Example: Team A – partnership 1 performs; when the top lands on the floor, Team B – partnership 1 starts; then goes Team 3 and then Team 4 (a countdown will be appearing on the screen for each team so they know how much time left they have).
- 7 - 3 tariff sheets need to be delivered (one for each partnership with the skills in the correct order for each)
- 8 - After your team entry is validated, you will receive a sheet to write the passing order of each partnership (which partnership perform first, second, third, fourth, fifth, ...)
- 9 - NO ATTIRE RULES (*be free but play safe and decent*); *you can perform in jeans, t-shirt, no sleeve t-shirt, top, shorts, etc.*)
- 10 - Wins the TEAM that performs the highest overall difficulty.

## **20. MAIA INTERNATIONAL ACRO CUP 2027**

**It is a great pleasure to announce the dates of the 2027 MIAC edition:**

**12 - 16 MAY 2027**

**SAVE THE DATE!**

MIAC'26 OC President



Mr. José Carlos Ribeiro

*Saturday, February 21, 2026*





# PODIM TRAINING SCHEDULE

4 March, Wednesday

Sportshall 1 - TENNIS Venue						Sportshall 2 - GYMNASTICS Venue					
Mats	Warm-Up	Competition	OUT	Time (min)	Delegations	Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
09:00	09:15	10:00	11:00	52	Pyramis	09:00	09:15	10:00	11:00	57	Akrobaatika Kool
					FGItalia						Begin Holon
					Piruett						Andraga
					Puerto Rico						
					Maccabi Dan						
					Tigers GC						
10:00	10:15	11:00	12:00	32,5	Turnclub Athena	10:00	10:15	11:00	12:00	56	Tampereen voimistelijat
					PartnerAkro						Palokan
11:00	11:15	12:00	13:00	48,5	Begin Holon	11:00	11:15	12:00	13:00	57	Tampereen Sisu
					Akrobaatika Kool						USA
											Piruett
12:00	12:15	13:00	14:00	56,5	Calgary Acro	12:00	12:15	13:00	14:00	52	Maccabi Dan
					Palokan						Pyramis
					Tampereen Sisu						Hellenic GF
					USA						Turnclub Athena
13:00	13:15	14:00	15:00	48,5	Acroteam Hammel	13:00	13:15	14:00	15:00	61,5	PartnerAkro
					AGIMadeira						(finishes 13:52)
					Andraga						AcroCompetição
					AGRA						Acrolnicação
					NSW Akro						AcroElite
					RLZ Zürich						(starts 13:56)
14:00	14:15	15:00	16:00	49,5	RLZO SG	14:00	14:15	15:00	16:00	56	Aspire
					Ass. Genevoise Gym.						Flight
											(finishes 15:56)
15:00	15:15	16:00	17:00	58	Eintracht Frankfurt	15:00	15:15	16:00	17:00	70,5	OTM Gent
					MTV 1860 Erfurt						(starts 15:56)
					Air Acro						(finishes 17:03)
					Art Gym						
					Wildgym						
					DGA Team						
16:00	16:15	17:00	18:00	60	Flight	16:00	16:15	17:00	18:00	57	RLZ Zürich
					Gimnofrielas						RLZO SG
											Acroteam Hammel
											Oeste CG
17:00	17:15	18:00	19:00	59,5	AcroCompetição	17:00	17:15	18:00	19:00	56,5	Ass. Genevoise Gym.
					Acrolnicação						Eintracht Frankfurt
					AcroElite						MTV 1860 Erfurt
											Bombeiros Estoril
18:00	18:15	19:00	20:00	61	OTM Gent	18:00	18:15	19:00	20:00	56,5	NSW Akro
					Normandie Gym.						Air Acro
					VGL Niel						Gimnofrielas
					ADCPN						Ass. Ac. Santarém
					(finishes 20:01)						
19:00	19:15	20:00	21:00	35	Aspire	19:00	19:15	20:00	21:00	56,5	Art Gym
					TK Werchter						Normandie Gym.
					TSV Rocherath						
					SKG Erbstetten						
					Oeste CG						
					Calgary Acro						
20:00	20:15	21:00	22:00	22,5	Ass. Ac. Santarém	20:00	20:15	21:00	22:00	56,5	Wildgym
					(can start 20:45)						TK Werchter

5 March, Thursday

Sportshall 1 - TENNIS Venue						Sportshall 2 - GYMNASTICS Venue					
Mats	Warm-Up	Competition	OUT	Time (min)	Delegations	Mats	Warm-Up	Competition	OUT	Time (min)	Delegations
08:00	08:15	09:00	10:00	60	Hvidovre	08:00	08:15	09:00	10:00	60	VGL Niel
					SA Dafundo						TSV Rocherath
					FSG Eaux-Vives						PartnerAkro
					Sportac Gymnastics						
09:00	09:15	10:00	11:00	62	CUAB	09:00	09:15	10:00	11:00	56,5	ADCPN
					Club Balans						Slagelse Sportsacro
					Mairena del Aljarafe						Hope Acro
					Academia Claret						AACoimbra
					Calgary Acro						
10:00	10:15	11:00	12:00	58	PartnerAkro	10:00	10:15	11:00	12:00	44,5	Hvidovre
					CED Faro						SA Dafundo
					Louletano DC						FSG Eaux-Vives
					Acrotumb Leiria						Sportac Gymnastics
					(starts 11:02)						
11:00	11:15	12:00	13:00	60	GC Tomar	11:00	11:15	12:00	13:00	56	Club Balans
					AACoimbra						Mairena del Aljarafe
											CED Faro
12:00	12:15	13:00	14:00	58,5	Slagelse Sportsacro	12:00	12:15	13:00	14:00	WC1	Acrotumb Leiria
					Hope Acro						SUI
					GD Louisa						UKR
					Int. Sch. Geneve						
13:00	13:15	14:00	15:00	57	Club Treboada	13:00	13:15	14:00	15:00	WC2	AZE
					GDSCascais						EST
					City of Lancaster						ISR
					EVigorosa Sp.						
					Flic Flac						
14:00	14:15	15:00	16:00	WC3		14:00	14:15	15:00	16:00	WC3	FIN
											ITA
											POR
15:00	15:15	16:00	17:00	WC4		15:00	15:15	16:00	17:00	WC4	GER
											USA
											AIN1
16:00	16:15	17:00	18:00	WC5		16:00	16:15	17:00	18:00	WC5	AIN2