



MAIA INTERNATIONAL
ACRO CUP

MIAC XVII

(17th edition)

XI MAIA FIG ACRO WORLD CUP

Maia, Portugal – 8th – 12th March 2023

All info: www.maiaacrocup.com // Tickets: www.acrostore.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

17th Maia International Acro Cup (MIAC'23)

The Competition will take place in the city of Maia from 8 to 12 March 2023. **MIAC'23** is opened to National, Regional and Club Teams.

There will be a Team Competition for Youth, Age Group 1, 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
new	BEGINNER	8 years old - 15 years old			X	General rules on page 4	NO HEIGHT DEDUCTION
	YOUTH	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
new	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	

ALL CHANGES FROM PAST EDITION ARE HIGHLIGHTED IN YELLOW

TO THANK YOU ALL FOR THESE AMAZING 17 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, 7 th March	All day	Delegations arrival
	10:00 – 12:00	Free Training
	12:00 – 21:00	Training per Schedule (music)
Wednesday, 8 th March	All day	Delegations arrival
	08:00 – 20:00	Training per Schedule (music)
Thursday, 9 th March	09:00 – 13:00	Training per Schedule (music)
	11:30	Orientation Meeting (City Hall)
	15:30	Judge Meeting (Competition Venue)
	17:00	Start Warm-up
	18:00 – 22:00	MIAC Qualif. 1 st exercise (Jun/Sen)
Friday, 10 th March	08:00	Start Warm-up
	09:00 – 21:00	MIAC Qualif. 1 st or 2 nd exercise
Saturday, 11 th March	08:00	Start Warm-up
	09:00 – 21:00	MIAC Qualifications 2 nd exercise
	09:00 – 21:00	MIAC Semi-Finals
Sunday, 12 th March	08:00	Start Warm-up
	09:00 – 16:00	Semi-Finals / MIAC Elite FINALS
	16:00 – 17:00	Award Ceremony
	20:30	Banquet & Farewell Party
Monday, 13 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

300 € penalty fee if no judge is not presented

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

5. Competition Program

Begginer (Iniciado) NEW CATEGORY – COMBINED - 2 minutes of maximum duration

Pairs:

- 2 balance elements from 11-16 difficulty tables (2 x 3" hold) + 1 optional element from FIG tables (1 x 3" hold) and
- 1 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables
- MAXIMUM of 5 Pair elements

Groups:

- 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**only 2 static holds of 3" are required in the routine**) and
- 1 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables (**Only 1 element with start and finish lay down on bases arms.**)
- MAXIMUM of 4 Group elements

- OPTIONAL element can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements.

Individual: Each gymnast must perform 3 individual elements – no matter if is Balance or Tumbling and no matter if they are different.

Youth – COMBINED - 2 minutes of maximum duration

Pairs:

- 2 balance elements from 11-16 difficulty tables (2 x 3" hold) + 1 optional element from FIG tables (1 x 3" hold) and
- 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables; 1 element must be a catch and maximum 1 dismount.

Groups:

- 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (**2 static holds of 3" are required in the routine**) and
- 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables; 1 element must be a catch and maximum 1 dismount.

- OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements.

- MAXIMUM of 6 Pair/Group elements.

- **Individual:** Each gymnast must perform 3 individual elements – no matter if is Balance or Tumbling and no matter if they are different.

JUNIOR BASE NEW CATEGORY – COMBINED - 2 minutes of maximum duration

Pairs:

- Minimum of 3 balance elements (3 x 3" static holds)
- Minimum of 3 dynamic elements; for the DYNAMIC, 1 must be a catch and maximum 2 dismounts.

Groups:

- Minimum of 3 static holds on a minimum of 2 separate pyramids (3 x 3" static holds)
- Minimum of 3 dynamic elements ; for the DYNAMIC, 1 element must be a catch and maximum 2 dismounts. **Only 1 element with start and land lay down on bases arms.**

- MAXIMUM of 8 Pair/Group elements.

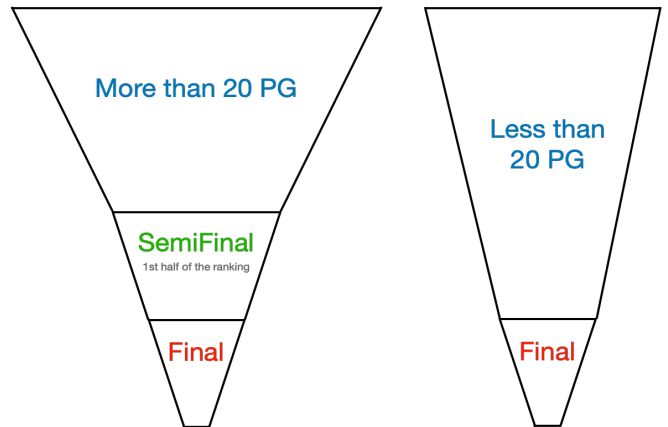
- **Pairs/Groups must reach 20 points in difficulty (otherwise a penalty of 1,0 is given)**

- **Individual:** Each gymnast must perform 3 individual elements – no matter if is Balance or Tumbling and no matter if they are different.

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 <small>1st half of ranking (starts from zero)</small>	Final <small>Top 6 (starts from zero)</small>
More than 20 PG		
Youth	Combined	Combined
Age Group 1	Combined	Combined
Age Group 2	Different from Final	Defined by FIG
Age Group 3	Combined	Combined
Age Group 4	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

Example: 40 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 2022:
 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 February 20th.

8. Deadlines for Entries and Finance Obligations

Provisional entry (not compulsory): up to 8 December (NO PAYMENTS)
 Definitive entry: up to 8 January (30% ACCOMODATION + ENTRY FEE)
 Nominative entry: up to 8 February – (NO PAYMENTS NEED)

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'22 OC.

- The delegations are responsible for covering travel expenses, accommodation (**via Organizing Committee**), meals and entry fee.
- The entry fee is not refundable.
- The accommodations are only refundable if cancellations are made until 8 February.
- All delegations must bring (at least) 1 Judge

NO-JUDGE PENNALTY: 300 €

(**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	120 Euro / night / person
Double room / Full board	100 Euro / night / person

CLASS B1 Hotel

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

Superior Single room / Full board	110 Euro / night / person
Superior Double room / Full board	100 Euro / night / person

CLASS B2 Hotel

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

Superior Single room / Full board	90 Euro / night / person
Superior Double room / Full board	85 Euro / night / person

CLASS C Hotel – 20' from Sports hall

(Limited to 50 people)

Single / Double	75 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 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 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 February 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, 7 March from 12:00 - 22:00
Wednesday, 8 March from 9:00 - 22:00
Thursday, 9 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 form you will be asked to insert a **photo of each delegation member by the Nominative Entry deadline (8th February)**.

The specification of the photo should be as follows:

File format; JPG, JPEG, PNG, TIFF

Dimensions: 190 pixels wide x 250 pixels high

File name: NOC_Surname_Firstname (example POR_Silva_Antonio.jpg)

The **tariff sheets** must be made on ACROCOMPANION software and uploaded until the **March 1st** – PLEASE IDENTIFY THE TARIFF SHEETS WITH THE P/G NUMBER

The competition music MUST be uploaded in your dropbox until the deadline. Use ONLY MP3 format. **Other formats will be discarded by the system.**

The **music** must be sent to the Dropbox folder of each delegation created specially for that until the **March 1st**. After this date OC will not recheck the Dropbox for any changes.

Identify the MUSIC TRACKS as follows:

NUMBER_SPECIALITY_CATEGORY_EXERCISE_COUNTRY

Example: **29_W3_Y_BAL_POR.mp3**

Note: **Y** = Youth; **AG1** = Age Group 1; **AG2** = Age Group 2; **J** = Junior; **S** = Senior
(The 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 9th 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. 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 12th).

20. Covid'19 regulations

“As of July 1, 2022, passengers entering national territory (including Azores and Madeira) are no longer required to present proof of carrying out a test to screen for SARS-CoV-2 infection with a negative result or to present a COVID-EU digital certificate or vaccination or recovery certificate issued by third countries, accepted or recognized in Portugal.”

However, national rules may change until the due date of accreditation. We strongly advise all delegations to keep informed with travel authorities.

Please check the website for up-to-date information:

<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

21. Additional Information

All further information concerning the detailed program will be given with the official workplan, in February 2023.

MIAC'23 NewsFlash will be sent by email and put online on the Official website in all major updates.

Additional payments:

No judge on delegation: 300 €

All participants must book the Accommodation via MIAC'23 packages

Note: € = Euro.

MIAC'23 OC

Important Dates

Provisional Entry (not compulsory)	Up to 8 December
Definitive Entry	Up to 8 January
Payment: 100% entry fee + 30% accommodation	by Definitive Entry to be valid
Nominative Entry	Up to 8 February
Individual photo -> Nominative online system	8 Feb (with the Nominative entry)
Tariff Sheet deadline (AcroCompanion)	1 March
Musics -> Dropbox	1 March