

**30TH EUROPEAN CHAMPIONSHIPS IN TRAMPOLINE, TUMBLING &
DOUBLE MINI-TRAMPOLINE GYMNASTICS
FOR SENIORS, U21 (TRA) AND JUNIORS**

**PORTIMAO (POR)
APRIL 8TH – 12TH, 2026**



Work Plan

Updated 02.04.2026

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PART 1 – OFFICIALS AND ORGANIZING COMMITTEE

1.1 EUROPEAN GYMNASTICS

EUROPEAN GYMNASTICS OFFICIALS	
President	Dr Farid GAYIBOV
Vice-President (President of the Appeal Jury)	Ismail GÖKTEKIN
EC Delegate (Member of the Appeal Jury)	Alvaro SOUSA
Director	Lisa WORTHMANN
Sports Coordinator	Michaël ALGER
Head of Media	Tina GERETS
Official Doctor	Yigitcan KARANFIL

TRAMPOLINE'S TECHNICAL COMMITTEE	
President	Babette VAN WETERING
Vice-President	Andrew COULTER
Secretary	Francesca BELTRAMI
Member	Remo CURCURUTO
Member	Anette DALSTEN
Member	João MARQUES
Member	Jenny SÖDERLUND

1.2 OFFICIAL EUROPEAN GYMNASTICS CONTACT ADDRESS

EUROPEAN GYMNASTICS

Contact Person: Ms. Michaël Alger
Sports Coordinator
Avenue de la Gare 12
CH – 1003 Lausanne, SWITZERLAND
Tel.: + 41 – 21 – 613.10.20
E-Mail: malger@europeangymnastics.com
Website: www.europeangymnastics.com
Direct event site: [2026 TRA ECh Portimao](http://2026.TRA.ECh.Portimao)



1.3 HOST FEDERATION AND LOCAL ORGANISING COMMITTEE CONTACT ADDRESS

GYMNASTICS FEDERATION OF PORTUGAL (FGP)

Contact Person: Mr. Bernardo Tomás
Address : Estrada da Luz, 30 A
1600 - 159 Lisboa - Portugal
Tel: +351 926 241 139
E-mail: ech26trampoline@ginastica.org
Website: <https://www.ginastica.org/>



1.4 LOCAL ORGANISING COMMITTEE (LOC)

LOCAL ORGANIZATION COMMITTEE - LOC	
FUNCTION	Name
President	LUIS ARRAIS
Executive Director	BERNARDO TOMÁS
ADMINISTRATIVE MANAGEMENT	
Budget & Finance	SANDRA PIRES
General Secretariat & Accreditations	ISABEL FALCÃO
Secretariat Support	CARLA ANDRADE & DIOGO FERNANDES
TECHNICAL MANAGEMENT	
Technical Manager	FÁBIO VIEGAS
Logistics and Equipment	RUBEN PEREIRA
Protocol & Awards Ceremonies	ELENA ROSCA & LAURA SALLES
LOC Speaker	MARGARIDA ESTÊVÃO
Spotters Manager	MIGUEL ARRAIS
TRANSPORTATION ACCOMMODATION/HOTELS MEALS	
Transportation	GONÇALO DE SOUSA
Accommodation/Hotels	BERNARDO TOMÁS
Meals & Coffee breaks	JOSEFINA CRUZ & FABIANA RAMOS
OTHER SECTORS	
Design and Image	SUSANA SOUSA
Head of Media	MÁRCIA SOBRAL
GTV - GinasticaTV	MAFALDA DOMINGUES & CONCHA SILVEIRA
Volunteers Manager	RUI PRAXEDES
Doctor	INÊS MARTINS
Physiotherapists	BEATRIZ PENG
Sport Presentation	NELSON RODRIGUES
Safeguarding Officer	JOSEFINA CRUZ

Part 2 – The competition

2.1 COMPETITION SCHEDULE

Sunday, April 5 th		
<i>By schedule</i>	<i>Official arrival day of TC-TRA</i>	<i>Faro (FAO) Airport</i>
<i>By schedule</i>	<i>Optional arrival day of Delegations</i>	
Monday, April 6 th		
<i>By schedule</i>	<i>Official arrival day of Delegations</i>	<i>Faro (FAO) Airport</i>
All day long	Accreditation	Portimão Arena
11:00 - 21:00	Free training (competition, warm-up & training halls)	Portimão Arena
16:30 – 18:00	Judges draw (participation of judges is not compulsory)	Auditorium
Tuesday, April 7 th		
By schedule	Scheduled training (competition, warm-up & training halls)	Portimão Arena
11:30 - 12:30	Athletes meeting	Auditorium
13:30 – 14:50	DMT Judges meeting & scoring system instruction	Auditorium & FoP
14:30 – 15:50	TUM Judges meeting & scoring system instruction	
15:30 – 16:50	TRA Judges meeting & scoring system instruction	Auditorium
18:00 – 19:00	Orientation meeting	
19:00 – 20:00	Medical Tour & Meeting by LOC doctor	
Wednesday, April 8 th		
10:45 - 11:45	Round Table	Auditorium
12:40 - 19:20	Q1 TRA IND Junior & Q1 TUM Senior	Portimão Arena
13:30 - 19:20	Q1 DMT Senior	
16:00 - 16:20	Opening Ceremony	
Thursday, April 9 th		
10:35 - 13:55	Q1 TRA IND U21	FoP
14:45 - 19:45	Q1 TRA IND Senior & DMT Junior	
15:35 - 19:45	Q1 TUM Junior	
Friday, April 10 th		
10:50 - 13:20	Q1 SYN Junior	FoP
14:50 - 16:20	Q1 SYN Mixed U21	
16:20 - 17:20	Q2 SYN Junior	
18:05 - 19:35	Q1 SYN Senior	
Saturday, April 11 th		
09:30 - 10:30	Q2 TRA IND Junior	FoP
10:00 - 11:00	Q2 DMT & TUM Senior	
10:30 - 11:30	Q2 TRA IND U21 Men	
11:00 - 12:00	Q2 DMT Junior Boys	
11:30 - 12:30	Q2 TRA IND Senior	
13:30 - 15:00	Team Finals	

	TRA Junior Girls, DMT Senior Men & TUM Junior Girls	
15:00 - 16:30	Team Finals TRA Junior Boys, DMT Senior Women & TUM Junior Boys	
16:30 - 17:00	Award Ceremony	
17:30 - 19:00	Team Finals TRA Senior Women, DMT Junior Boys & TUM Senior Women	
19:00 - 20:30	Team Finals TRA Senior Men, DMT Junior Girls & TUM Senior Men	
20:30 - 21:00	Award Ceremony	
Sunday, April 12th		
09:30 - 10:15	Finals SYN Junior & Award Ceremony	FoP
10:15 - 11:00	Finals Junior DMT girls & TUM boys & Award Ceremony	
11:00 - 11:45	Finals Junior DMT boys & TUM girls & Award Ceremony	
11:45 - 12:30	Finals TRA IND Junior & Award Ceremony	
13:00 - 13:45	Finals SYN Senior & Award Ceremony	
13:45 - 14:30	Finals Senior DMT Women & TUM Men & Award Ceremony	
14:30 - 15:15	Finals Senior DMT Men & TUM Women & Award Ceremony	
15:15 - 16:00	Finals TRA IND Senior & Award Ceremony	
16:30 - 17:15	Finals TRA IND U21 & Award Ceremony	
17:15 - 17:45	Smartscoring Shooting Star Award & Show	
17:45 - 18:30	Finals SYN U21 Mixed & Award Ceremony	
21:00 - 00:00	FAREWELL PARTY	Katedral Disco - Praia da Rocha
Monday, April 13th		
By schedule	Official departure day for Delegations & European Gymnastics Officials	Hotels

2.2 ORIENTATION MEETING

The orientation meeting for the Heads of Delegation will take place on **Tuesday, April 7th**, at **18:00** at the Auditorium.

The presence of the participating National Federations at the orientation meeting is mandatory. Unjustified failure by a federation to attend will result in a sanction of EUR 1000.- to be paid to the European Gymnastics. At this meeting, the LOC and the TC-TRA will give practical information on the organisation and the running of the competition.

This orientation meeting will be held in English only.

A maximum of 2 persons per federation can assist.

2.3 SIZE OF THE DELEGATIONS

The maximum size of each delegation as per European Gymnastics Accreditation rules is as follows:

GYMNASTS	Men			Women			TOTAL
	JUN	U21	SEN	JUN	U21	SEN	
Trampoline individual	4	2	4	4	2	4	20
Trampoline synchro	2 pairs	-	2 pairs	2 pairs	-	2 pairs	8 pairs

Trampoline synchro mixed	2 pairs (U21 only)						2 pairs
Reserve individual and synchro*	-	-	-	-	-	-	..**
Double mini-trampoline	4	-	4	4	-	4	16
Reserve double mini-trampoline*	1	-	1	1	-	1	4
Tumbling	4	-	4	4	-	4	16
Reserve tumbling*	1	-	1	1	-	1	4

Each team participating in the team competition is composed of 3 to 4 individual gymnasts.

FUNCTION	TRA			TUM		DMT		TOTAL
	JUN	U21	SEN	JUN	SEN	JUN	SEN	
Head of delegation	1							1
Team manager juniors	1							1
Team manager seniors	1							1
Coaches*** (8 or less gymnasts)	4			4		4		12
Coaches*** (more than 8 gymnasts)	6			4		4		14
Judges****	1	-	1	1	1	1	1	6
Doctor	1							1
Mental Health Professional	1							1
Physiotherapist	1			1		1		3

* Reserve gymnasts can only compete if a gymnast is injured; this has to be confirmed by the official doctor.

** Reserves for Trampoline Synchro must come from Trampoline Individual and vice versa.

*** Not more than 1 coach per gymnast

**** Participating in junior and senior events of one discipline (TRA, TUM or DMT) with more than 5 registered gymnasts, the NF is obliged to bring two judges per discipline. Participating in junior and senior events of one discipline (TRA, TUM or DMT) with 5 registered gymnasts or less, the NF can bring either one or two judges per discipline. For detailed judges' provisions see Article 5 in the Directives

Additional accreditations

The costs for accreditations of additional coaches, paramedical staff and guests have to be assumed by the National Federation and must be paid directly to the LOC until March 9th, 2026.

Additional accreditations	Cost
Additional coach	120 EUR
Additional paramedical staff	120 EUR
Guest*	150 EUR
VIP Guest*	180 EUR

* This cost will be applied to the ones who book accommodation through the LOC. It includes:

- Transfer service, local transportation, Farewell Party, and access to the:
- Delegations seating zone (Guest)
- VIP tribune and catering zone (VIP-Guest).

2.4 COMPETITION, TRAINING & WARM-UP HALLS

Competition Arena	Portimão Arena
Training & Warm-up Hall	Portimão Arena

2.5 TRAINING INFORMATION

All training sessions are according to the schedule.

The gymnasts competing in TRA SYN only will participate in the TRA training sessions dedicated to their respective delegations. Training groups and detailed Training and Competition schedule will be delivered to participating NFs after the Nominative entries. If possible, a training schedule for Monday April 6th will be established according to arrivals reported by participating delegations to LOC on [delegation.gymdata](https://delegation.gymdata.com).

- 4 Trampolines will be available in the training area.
- 4 Trampolines, 1 Tumbling Track and 1 DMT will be available in the warm-up area.
- 4 Trampolines, 1 Tumbling Track and 1 DMT will be available in the FoP/competition hall.

Access to training, warm-up and FoP/competition hall is limited to the NF's concerned and the persons being in possession of and wearing the right accreditation, at all times. The accreditation is personal and non-transferable.

2.6 GYMNASTS' PORTRAITS

Immediately after their scheduled training on Tuesday, April 7th, a picture and video of each gymnast will be taken for the presentation on the LED- wall during the qualifications, semi-finals, and finals.

Gymnasts must wear their official tracksuit.

The pictures will be taken in the venue (place to be indicated).

2.7 DRAWING OF LOTS AND STARTING ORDER

The drawing of lots for the starting order of all qualifications using the NFs names and gymnasts' numbers 1 to 4 took place on 30th January 2026 in Lausanne. The starting order per gymnast / pair has to be handed in by the NFs during the accreditation (see Appendix 3, starting order per gymnast forms).

The order indicated for the nominative registrations in [registry.gymdata](https://registry.gymdata.com) will have no impact on the draw and/or starting order per gymnast / pair of the NF.

The starting order for all Qualifications (Q1) will be established on **Tuesday, April 7th after 15:00h.**

Should there be substantial changes to participating numbers, the European Gymnastics TRA-TC in consultation with the Competition Director reserves the right to adjust (change the groups, number of competitors per group, etc.), depending on the number of competitors after accreditation to facilitate the running and organisation of the competition.

The starting order of the Semi-Final (Q2) and Final is determined by draw. The starting order for F2 will follow the same order as F1.

The starting order in the Team Final will be in reverse rank of the order of merit from the Team Qualification (Q1) results, i.e. lowest first, with the first gymnast from the team in 5th/8th place going first, followed by the first gymnast representing the team on 4th/7th place, etc. NF will nominate the three athletes in the order they will compete for their team on the competition card for the respective Team Final.

The list of the Semi-finalists and Finalists, with two reserves, will be sent via e-mail to the Head of Delegation after each Qualification and Semi-Final.

2.8 COMPETITION FORMAT

The competition format is according to the World Gymnastics TR.

Finals Seniors & Juniors

If there are less than 12 entries in a category, only 6 will proceed to the final.

Exercise requirements

The requirements comply with the valid World Gymnastics Code of Points for seniors and with the valid World Gymnastics Junior and WAGC Rules 2025-2028 (for Juniors and TRA U21).

Tie breaking rules

The World Gymnastics Tie Breaking rules of the World Championships in force are to be applied.

Tie Breaking Rules will be applied at all times (also for Junior Finals and TRA U21 Finals).

U21 individual: Tie Breaking rules Q1 apply only on the second exercise.

TRA Junior Team: Tie Breaking rules Q1 apply only on the second exercise.

2.9 WARM-UP

Immediately prior to all competition phases (qualifications, semi-finals, finals, team finals, TRA, SYN, DMT, TUM) each gymnast/pair will be allowed to warm-up on the competition apparatus according to the World Gymnastics Code of Points.

2.10 COMPETITION CARDS

The competition cards (appendix 4) must be returned to the LOC Office as follows:

- All Q1 & Q2 - **During the accreditation**
- All Team Finals: Friday, **10th April 18:00**
- All IND & SYN Finals: **Saturday 11th April 18:00**

2.11 ACCESS TO THE COMPETITION AREA

The competition area is accessible to members of the various juries, competing gymnasts and their accredited coaches, auxiliary personnel of the Jury, the official European Gymnastics doctor, the official LOC doctor, team doctors and medical staff. A team medical person is permitted to accompany the gymnasts and coaches during all competitions.

Interpreters may not enter the competition area without the permission of the President of the TC-TRA/European Gymnastics.

The competition area is strictly forbidden to all other people.

Maximum 4 TRA, 2 TUM and 2 DMT coaches per category per starting group may accompany their gymnasts on the Field of Play during the competition. During Synchro competitions, maximum 4 own spotters are allowed.

Use of electronic communication devices.

During the official duration of official European Gymnastics competitions, judges on the field of play are prohibited from using cellular phones and any other kind of electronic communication devices. Other delegation members (gymnasts, coaches, medical staff) on the field of play are prohibited from using cellular phones and any other kind of electronic communication devices. However, gymnasts are allowed to listen to music (with earphones and on a sound level which is not observable for surrounding persons). It is also allowed to other delegation members to take photos (but no videos), without flash and not interrupting the running of the competition.

If these rules are violated, the persons concerned will receive a verbal warning. If this behaviour is repeated after the written warning is issued, those persons concerned will be excluded for the rest of the competition. The Superior Jury is responsible to decide these disciplinary measures. Appeals against these decisions have

to be submitted to the Jury of Appeal whose decision is final.

2.12 CEREMONIES & SMARTSCORING SHOOTING STAR AWARD

Award ceremonies

All award ceremonies will take place after each block of finals. They will be carried out in accordance with the European Gymnastics Regulations for Award Ceremonies. On the podium, awards will only be presented to the gymnasts, pairs and teams ranked from 1st to 3rd place. For the team award ceremonies, 1 coach is invited on the podium. Please ensure that your NFs medallists are in time for the line-up prior to the ceremonies.

All gymnasts & coaches must wear the official tracksuit.

The participation of the medallists in the award ceremonies is compulsory. All gymnasts that are absent for unjustified reasons will be disqualified.

Opening ceremony

The opening ceremony will take place on **Wednesday, April 8th at 16:00** in the Venue (stage). It consists of:

- Presentation of the participating NF's flags
- National Anthem of Portugal
- Official speeches (Guimarães City Hall; LOC/FGP; European Gymnastics)
- Judges, Coaches and Gymnasts oaths

Note: There will be no marching-in with gymnasts.

SmartScoring Shooting Star Awards

On **Sunday, April 12th** in between the U21 finals, European Gymnastics Global Partner SmartScoring will hand over the Shooting Star Awards to one female senior gymnast and one male senior gymnast of these European Championships.

Started in 2018, this award aims to put gymnasts with an exceptional story in the spotlight as an inspiration for the future generation of gymnasts and the general public alike. The winners will be chosen by a selection committee consisting of representatives from SmartScoring and European Gymnastics authorities and staff.

2.13 MEDICAL

Doping control

Any doping is prohibited. An anti-doping control can be requested at any time. Anti-doping controls will be made as per Anti-Doping Control Regulations of World Gymnastics and WADA.

Insurance

The Host Federation, the LOC and European Gymnastics will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like. All participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents, and repatriation **for ALL the members of the Delegations**. Basic insurance (sickness, accident, and repatriation) in your country of residence is compulsory in order for gymnasts and judges to be able to benefit from coverage by World Gymnastics IMSSA subsidiary insurance which is valid for this event. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the World Gymnastics IMSSA insurance for Gymnasts and Judges. If the respective certificate/proof of insurance has not been sent in advance (until the **March 9th, 2026**, which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). The insurance must be valid at least, starting from the arrival day of the delegation and must last for the delegations' entire stay.

If needed the LOC will subsequently offer insurance at the participating Federations own charge as follows: 80 EUR per person per day / from April 6 to 12, 2026.

Medical certificate – official doctor

Only the official doctor or her representatives are authorised to approve the necessary medical certificate.

- Official doctor of the European Gymnastics
- Official doctor of the LOC

Dr Yigitcan Karanfil
Dr Inês Martins

Part 3 – The jury

3.1 SUPERIOR JURY

The Superior Jury is formed of the TC members. The superior jury may also be nominated from the participating or invited judges, if necessary. Babette van Wetering functions as President of the Superior Jury for Trampoline, Joao Marques functions as President of the Superior Jury for DMT and Andrew Coulter functions as President of the Superior Jury for Tumbling competitions. The composition of the Superior Jury can be found in Appendix 5.

3.2 JURY OF APPEAL

The Jury of Appeal consists of two members of the Executive Committee (one acting as President) and a third person to be designated in accordance with the matter of the appeal. In case of a judge's appeal, a person not involved in the decision of the Superior Jury and in the judging process will be nominated.

President	Mr. Ismail GÖKTEKIN
Member	Mr. Alvaro SOUSA

3.3 JUDGES' INSTRUCTION, JUDGES' MEETINGS AND DRAW

All judges' meetings and draws will be held at the Auditorium:

- Monday, April 6th 16:30-18:00 Judges draw TRA, DMT & TUM (participation of judges not compulsory)
- Tuesday, April 7th 13:30-14:50 DMT Judges meeting & scoring system instruction
14:30-15:50 TUM Judges meeting & scoring system instruction
15:30-16:50 TRA Judges meeting & scoring system instruction

According to the World Gymnastics/TR, the presence of the judges to the judges' instruction and all judges' meetings is mandatory.

The judges' meetings and instructions will be held in English **only**.

Additional judges' briefings prior to semi-finals and finals will be held if necessary.

The judges have to be in their places **30 minutes** before the competition starts.

3.4 ATHLETES' MEETING AND ROUND TABLE

Athletes' Meeting: Tuesday April 7th 11:30-12:30

Two athletes per NF are invited to join this meeting. Topics will be future competition formats, sports presentation and audience engagement. An invitation has been sent to the NFs (Appendix XX).

The Round Table: Sunday 12th April 09:00-09:45

Two representatives (HoD, coaches or judges) per NF are invited to join the meeting. Topics will be the evaluation of the ECh 2026, future EChs and future competition formats. An invitation has been sent to the NFs (Appendix XX)

We would highly appreciate that all NFs will attend both meetings.

3.5 CODE OF ETHICS

Any close family relative to a competitive gymnast may not judge that gymnast or his group at this World Gymnastics sanctioned event. If a conflict should or could appear, the President of European Gymnastics is to be informed, so appropriate action can be taken.

3.6 SCORING AND DISTRIBUTION OF RESULTS

SmartScoring will provide the official scoring service and management of the start lists, scores and results. All lists will be sent by e-mail to HoD e-mail addresses to be confirmed during accreditation.

The secretary of the competitions will provide after each competition through a WhatsApp message to the number of the HoD, collected during accreditation, the results

At the end of the competition all delegations will be provided with a complete set of results including the judges' individual scores for all competitions by email.

3.7 INQUIRIES PROCEDURE

An electronic device will be available.

Inquiries are submitted through the device, by the NF Authorised Representative, by selecting the relevant gymnast(s) within the time limit.

Inquiries must be submitted within two minutes after the score is displayed. The device will automatically prevent late submissions. In case of a device malfunction, the Inquiry Officer shall use best efforts to manually establish and record the timely submission, if possible, using an official inquiry form.

In all disciplines, only the Difficulty Score (D-score) may be subject to an Inquiry.

The detailed inquiry procedure is outlined in article 8.5 of the World Gymnastics Technical Regulations 2026.

Any submitted inquiry requires the agreement of payment

- EUR 300.-- for the first complaint
- EUR 500.-- for the second complaint made by the same NF
- EUR 1'000.-- for the third & subsequent complaint by the same NF throughout the event

Part 4 – The organization of the event

4.1 TRANSPORTATION

International

The international transportation costs are covered by the participating delegations.

European Gymnastics and the Organising Committee strongly recommend that each Federation takes out cancellation insurance for their international transportation.

The official arrival airport is: "Gago Coutinho" International Airport – Faro (FAO).

The travel details must be submitted at the online platform: <https://delegation.gymdata.online/login> until **March 9th, 2026**.

Transfers to/from Gago Coutinho International Airport – Faro (FAO) are only offered on the arrival and departure official days.

Local

Free local transportation will be offered to all delegations who book their accommodation through the LOC:

- From the above-mentioned official airport to the hotel and back.
- From the hotel to the competition venue and back (shuttle service).

Schedules will be given to the Head of Delegation during the accreditation procedures.

4.2 ACCREDITATION

For the accreditation process, **only** the Head of Delegation (or his representative) is requested to present

him/herself at the accreditation centre. The accreditation card must always be worn visible in the venue. In case of losing the accreditation card, a new one will be issued for a fee of EUR 150.-

The following items will be checked there with the Heads of Delegation:

- Passports/IDs of all the delegation members
- Travel information: departure
- Certificate of a valid insurance **for all the members** of the delegation (it must include **all the names**) - see point 2.13 (if not uploaded in <https://delegation.gymdata.online/login>)
- Fulfilment of all financial obligations to the LOC
- National Anthem and Flag confirmation
- Submission of Competition cards (appendix 4)
- Submission of Starting order per gymnast forms (appendix 3)

In order to speed up the process of the accreditation, each participating Federation is kindly requested to upload photos and passport copy of each member of the delegation (gymnasts, head of delegation, team leaders, coaches, judges, doctor, physiotherapist, etc.) into the LOC's digital platform:

<https://delegation.gymdata.online/login>

The deadline for the photos and passport copies uploads (identity colour photo in JPG format, size – 45 mm x 35 mm, resolution: 800x600plx) is **March 9th, 2026**. Submission of photos in due time will prevent the delegations from waiting at the accreditation office upon arrival.

- 30 EUR will be charged for each missing photo that the LOC has to take at the arrival of the delegation.
- ⊖ Photo should be in colour, in JPG format, 45mm x 35mm, resolution: 800 x 600plx, on a white or light blue background and named as follow: NF_last name_first name.jpg (ex. HUN_Smith_Anna.jpg).

4.3 DIPLOMAS

In regard to preserve the planet, the diplomas (participation and classification) will be sent by email to the National Federations.

4.4 DELEGATION BOXES

Out of a desire to save unnecessary paper use, all information regarding competition, warm-up, trainings, and notification of meetings, transport, official functions as well as European Gymnastics and LOC correspondences will be distributed via WhatsApp group and e-mail addresses of the HoD collected with the nominative registration and confirmed during accreditation.

Free internet is available at the competition hall, so the HoD will have access to the information.

4.5 MEALS

Breakfast will be served at the hotels.

Lunch & Dinner will be served at the Venue:

- Lunch: 12:00h – 15:00h
- Dinner: 18:00h – 21:00h

4.6 FAREWELL PARTY

The LOC will host a Farewell Party for all delegation members.

Location: The Farewell Party will be at **Katedral Disco in Praia da Rocha**.

From 21h to 00h00

A dedicated Bus service will be organised. The schedule will be given at the accreditation. The legal alcohol drinking age in Portugal is 18. Bracelets will be given at the accreditation for all the Delegation members, in

different colours according to the age. Drinks (1 alcoholic or 2 non-alcoholic) included – 4 points of bar service (one outdoor)

Disco, DJs; music to dance.

Accredited Delegation members (except for E- and R- media), who stay at one of the official hotels and book their accommodation through the LOC will receive the bracelets for the entrance at the Farewell Party.

Tickets for the Party for Accredited Delegation members not booking their accommodation through the LOC can be purchased for **EUR 75 per person**, provided that a request is sent by email to ech26trampoline@ginastica.org by **March 9th**, at the very latest.

4.7 VISA

The visa request must be submitted in the LOC online registration platform: <https://delegation.gymdata.online/login> by **March 9th** at the latest. The LOC will always be at your disposal at the respective email address: ech26trampoline@ginastica.org

4.8 SAFEGUARDING AND PROTECTING PARTICIPANTS IN GYMNASTICS

From the official date of arrival until the official day of departure of the event, participants (gymnasts, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail a Safeguarding Officer in case of harassment or abuse of any type or if they are worried or do not feel comfortable.

There will be one LOC Safeguarding Officer. The contacts will be communicated upon arrival of the delegations. In addition, posters of the “10 Golden Rules of Gymnastics” – the World Gymnastics campaign to raise awareness about youth protection in Gymnastics - will be displayed in several locations, including training and warm-up halls and public zones.

The members of the European Gymnastics EC & TC will handle unforeseen incidents or events that might occur during these championships.

This event will be organised under the World Gymnastics/European Gymnastics rules.

Part 5 – Appendix

- Appendix 1: Venue layout
- Appendix 2: Withdrawal form
- Appendix 3: Starting order per gymnast forms
- Appendix 4: Competition Cards (will be published before the event)
- Appendix 5: Superior Jury composition
- Appendix 6: Invitation Athletes' meeting and Round Table
- Appendix 7: Inquiry
- Appendix 8: Schedule

Kind reminder for important remaining deadlines:

For European Gymnastics	Deadline
Nominative Registration – on registry.gymdata	09/03/2026
Payment of the European Gymnastics Registration Fees	09/03/2026
Media Accreditations	31/03/2026

For the LOC (Forms / Accommodation)	Deadline
Visa Request	09/03/2026
Travel Schedule	09/03/2026
Extra Meal booking (<i>not included in the accommodation board</i>)	
Photo & passports for Accreditation	
Accommodation costs (last 50%)	

EUROPEAN GYMNASTICS
Babette VAN WETERING
Technical Committee President



European
Gymnastics

