



VI AGPVI CUP

GONDOMAR - PORTO
PORTUGAL



MAIO - 2026



AGN - ASSOCIAÇÃO DE GINÁSTICA DO NORTE (PORTUGAL) / NORTH GYMNASTICS ASSOCIATION

FGP - FEDERAÇÃO DE GINÁSTICA DE PORTUGAL / GYMNASTICS FEDERATION OF PORTUGAL

FIG - FEDERAÇÃO INTERNACIONAL DE GINÁSTICA / INTERNATIONAL GYMNASTICS FEDERATION

1.ORGANIZATION

Academia de Ginástica Paulo VI – AGPVI

E-mail: ginasticapaulovi@gmail.com

Competition Manager:

Pedro Santos: +351 916 087 832

Logistics Managers:

Filipe Morgado: +351 919 401 728 / Rui Ferreira: +351 934 605 298

Event name: VI AGPVI CUP – 2026

E-mail: agpvicup@gmail.com

Competition Hall: Pavilhão Multiusos de Gondomar

Adress: Avenida Multiusos 4420-015 Gondomar

City: Oporto, Gondomar

Country: Portugal

Date: May 30/31, 2026

Official WebSite:

<https://www.ginasticapaulovi.com/agpvicup>



2. General Information

This will be the sixth edition of an acrobatic gymnastics' competition, open to all national and international clubs, organized by Academia de Ginástica Paulo VI.

We also inform that the Competition will be carried out through the AcroCompanion Platform.

<https://www.acro-companion.com/competition/C3dzek8NKzdSV75dPQNr/information>

The competition will be held in the heart of the city of Gondomar - Oporto.

The city of Gondomar lies at the gates of Oporto, along the majestic Douro River, and is known as the Capital of Goldsmithing.

A land of tradition and modernity, it combines the brilliance of its jewels with the cultural, gastronomic, and natural richness that enchants all who visit.

With welcoming people, green spaces, history, and sports, Gondomar City is the ideal setting for unforgettable moments.

Here, every detail makes a difference, and every experience becomes even more valuable.

3.Entry

Registration for the competition will cost 10 euros per athlete if completed by the requested deadline.

Late registrations will be accepted and managed by the Competition Organizers and will cost 15 euros per athlete.

Provisional Entry begins immediately upon receipt of this competition regulation and ends on December 31st. The intention to participate in the competition must be expressed using the form provided by the link below, without any obligation.

<https://forms.gle/jiM1uQdD4w6pVCL76>

Definitive Entry begin on January 1st and end on April 30th.

Definitive entry must be made through the AcroCompanion Platform.

Participants who opt for the package including hotel and transfers must register by March 31st and make the corresponding payment within the same period.

**** See more information in section 10 ****

*Note: national clubs (PT) belonging to Federação de Ginástica de Portugal (FGP), registration must also be formalized through GymBase.

When completing your Definitive Entry, payment must be made to the IBAN number shown below. Proof of payment must be sent by email as soon as payment is made (agpvicup@gmail.com).

IBAN PT 50 0033 0000 4549 2029 7100 5

Patamar do Ritmo, LDA.

REGISTRATION DEADLINES AND REGISTRATION FEES		
PROVISIONAL ENTRY	Registration via the form until December 31 th .	https://forms.gle/jiM1uQdD4w6pVCL76
DEFINITIVE ENTRY	Registration on the AcroCompanion Platform (and GymBase*), from January 1 st to April 30 th .	10 euros per athlete. <i>AcroCompanion</i> & <i>GymBase*</i>
LATE REGISTRATIONS	<i>Registrations after the deadline, between May 1st and May 10th.</i>	15 euros per athlete. Communication of the intention to participate via email (agpvicup@gmail.com) or by phone (+351 916 087 832 – Pedro Santos).
TARIFF SHEETS AND MUSIC	Submission of Tariff Sheets and Music until May 15 th .	<i>AcroCompanion</i>

4. Tariff Sheets

Tariff Sheets must be submitted to the AcroCompanion Platform until May 15th.

5. Music

Music must be submitted to the AcroCompanion Platform until May 15th.

For security reasons, clubs must have their music on digital media (*pendrive*).

6.Judges

Clubs should have at least 1 acro judge.

****If the team does not bring at least 1 acro judge, a fine of 100 euros must be paid.**

7. Technical Program

VI AGPVI Cup 2026 will be played in the following categories, for Escalão Base (FGP), 2ª Divisão (FGP) and FIG.

Women's Pairs (WP)

Mixed Pairs (MxP)

Men's Pairs (MP)

Women's Groups (WG)

Men's Groups (M4)

In Níveis AGN, exclusively, there will be, in addition to those presented above:

Men's Trios (M3)

Mixed Trios (MxT)

Women's Four (W4)

Mixed Four (Mx4).

There will be a Team Competition.

Each team must consist of 3 to 5 pair/groups from each level, of any categories, and no matter if they are repeated.

(E.g.: 3 MxP OR 2 WG + 1WP OR 1MG + 1WP + 1MxP).

The final team score is the sum of the 3 best scores of the pairs/groups.

Categories FIG / FGP		AGN Categories	
WP	Women's Pair	WP	Women's Pair
MxP	Mixed Pair	MxP	Mixed Pair
MP	Men's Pair	MP	Men's Pair
WG	Women's Group	WT	Women Trio
MG	Men's Group	M3	Men's Trio
		MxT	Mixed Trio
		MG	Men's Group
		W4	Women's Four
		Mx4	Mixed Four

Níveis AGN		Age Limits	Exercise	Rules
N1	Nível 1	6 - 12	--	Regulamento AGN 2025/2026
N2	Nível 2	7 - 13		
N3	Nível 3	9+	Combined	

Base		Age Limits	Exercise	Rules
INF	Infantis Base	6 - 13	Combined	Manual Técnico FGP 2025 / 2026
INI_B	Iniciados Base	8 - 15		
JUV_B	Juvenis Base	9 - 16		
JUN_B	Juniores Base	10 - 18		
SEN_B	Seniores Base	12+		

2ª Divisão		Age Limits	Exercise	Rules
JUV_2D	Juvenis 2D	9 - 16	Balance & Dynamic	Manual Técnico FGP 2025 / 2026
JUN_2D	Juniores 2D	10 - 18		
SEN_2D	Seniores 2D	+12		

FIG		Age Limits	Exercise	Rules
PRE YOUTH	Pre Youth	9 - 16	Balance & Dynamic	Pre Youth FIG Age Group Rules
YOUTH	Youth	10 - 18		Youth FIG Age Group Rules
JUN	Juniors	13 - 19		Junior FIG Age Group Rules
SEN	Seniors	+12		FIG CoP Rules for Seniors

Deductions for height differences will not be applied at any level.

8.Awards

Level	Balance	Dynamic	Combined	All Around
Nível 1 AGN			X	
Nível 2 AGN			(no music, no coreo)	
Nível 3 AGN			X	
Iniciados Base			X	
Juvenis Base			X	
Juniores Base			X	
Seniores Base			X	
Juvenis 2D	X	X		
Juniores 2D	X	X		
Seniores 2D	X	X		
Pré Youth	X	X		
Youth	X	X		
Juniors	X	X		
Seniors	X	X		
Team Competition				X

9.Provisional Schedule

Provisional Schedule		
May 29	All day	Delegations Arrival
	Afternoon (timetable in confirmation)	Accreditation Free Training
May 30	07h45 - 09h00	Accreditation
	09h00 - 19h00	Competition
May 31	07h45 - 09h00	Accreditation
	09h00 - 18h00	Competition

Schedules may change.

10.Accommodation / Meals / Transports

Option A – No Hotel. No Meals. No transfers.

Each club will be responsible for its own accommodation, meals, and transfers to the hotel and the competition hall. The organization will not be held liable under these conditions.

(For additional information for Option A and other club logistics, please contact the organization via email (agpuicup@gmail.com) or by phone (+351 916 087 832 – Pedro Santos – Competition Manager).

Option B – Hotel / Breakfast / Transfers / Dinner*

CLASS A1

Park Hotel Valongo 3* (<https://parkhotel.pt/pt/Menu/Hoteis/Porto-Valongo.aspx>)

Single Room with Breakfast – 90 euros / night / person

Double Room with Breakfast – 60 euros / night / person

Triple Room with Breakfast – 50 euros / night / person

Dinner Supply: 20 euros / day / person

CLASS A2

Meu Hotel – Gandra 3* (<https://meuhotel.pt/>)

Single Room with Breakfast – 90 euros / night / person

Double Room with Breakfast – 60 euros / night / person

Triple Room with Breakfast – 50 euros / night / person

Dinner Supply: 20 euros / day / person

CLASS B1

Hotel Premium Porto Maia 4* (<https://www.premiumportomaia.com/>)

Single Room with Breakfast – 120 euros / night / person

Double Room with Breakfast – 80 euros / night / person

Triple Room with Breakfast – 74 euros / night / person

Dinner Supply: 20 euros / day / person

CLASS B2

Hotel Timbre Heroismo 4* (<https://timbrehotels.com/heroismo/pt-pt/>)

Single Room with Breakfast – 160 euros / night / person

Double Room with Breakfast – 95 euros / night / person

Triple Room with Breakfast – 90 euros / night / person

Dinner Supply: 25 euros / day / person

Transfers are included in all packages and schedules, and other information will be communicated later.

Hotels will be booked subject to availability.

If the mentioned hotels are unavailable, the Event Organizers will provide alternative suggestions.

<https://agpuicupregistos.vercel.app/agpuicup/start>

11. Insurance

Clubs are responsible for ensuring that the delegation's insurance is active. The competition organizers will request insurance certificates from all participating international clubs. National clubs only need to be registered in *GymBase* and are not required to submit any proof.

If the insurance is not valid or not presented, the athletes will not be allowed to participate in the competition.

12. Rules

Reglamento Niveis AGN 2025-2026

https://drive.google.com/drive/folders/14k5xen2Ehtqw4DsrYVkdGO_SmfUxqhOL?usp=drive_link

Manual Técnico Acrobática 2025-2026

https://drive.google.com/drive/folders/14k5xen2Ehtqw4DsrYVkdGO_SmfUxqhOL?usp=drive_link

Code of Points 2025-2028

https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20ACRO%20CoP%202025-2028.pdf

Youth & Junior Rules 2025-2028

https://www.gymnastics.sport/publicdir/rules/files/en_1.5%20-%20Youth%20&%20Junior%20Rules%202025-2028.pdf

Acro Newsletters

<https://www.gymnastics.sport/site/pages/newsletters-acro.php>

13. Omitted Cases

Any situation not covered by this regulation will be reviewed and decided by the Competition Organizing Committee, whose decision shall be final and binding.

Up to December 31 st	Provisional Entry
January 1 st to April 30 th	Definitive Entry
Up to March 31 st	Deadline to hotel's payment
May 1 st to May 10 th	Late registration
Up to May 15 th	Tariff Sheets and Music Submission
May 30 & 31	VI AGPVI CUP

Academia de Ginástica Paulo VI - AGPVI

Gondomar (Porto), 15/12/2025

APPENDIX

BASE FGP – RULES

2ª DIVISÃO FGP – RULES

Consulting the Portuguese Technical Manual is still recommended.

General Rules for Base (FGP)

- Perform one choreographed combined exercise with musical accompaniment, which may include music with lyrics.
- The maximum duration of the exercise is 2 minutes.
- Infantil Base, Iniciado Base, Juvenil Base must perform:
 - o compulsory elements taken from the Compulsory Elements Tables AG/JR.
 - o optional elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR.
 - o Individual elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR.
- Infantil Base, Iniciado Base, Juvenil Base: elements from the Compulsory Elements Table AG/JR may be performed as optional, only if they appear on different rows from those performed as compulsory elements and are included in the Tables of Difficulty of FIG or in Appendix 4 of the AG/JR.
- Junior Base and Senior Base: rules for constructing the exercise must be respected, namely, the proportion that the balance elements should not exceed twice the value of dynamic elements or vice versa.
- In Women's Group (*except for Infantil Base*), only one element with a horizontal start and landing on the arms is allowed (pirouettes and helis).
- In Women's Group (*except for Infantil Base*) are not allowed to perform any pyramid where the top's feet rest on the base's hands, while the base's hands are on the ground.
- For each missing requirement, a deduction of 1-point is applied.
- Performing forbidden elements will result in a 1-point penalty.
- Front or back tuck/*salto* is not compulsory, as an Individual Element.
- Handstand is not compulsory.
- Alternative elements are not allowed.



- Infantil Base Difficulty: 0.0pt – 0.3pt
- Iniciado Base Difficulty: 0.0pt – 0.5pt
- Juvenil Base Difficulty: 0.0pt – 0.5pt
- Junior Base Difficulty: 0.0pt – 0.5pt (DV=50)
- Senior Base Difficulty: 0.0pt – 0.6pt (DV=60).
- If the limits are exceeded, a 2.0-point penalty is applied to the final score.
- Depending on the difficulty, bonus points are awarded to the difficulty score.
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Infantil Base	
Difficulty	Bonus
0.0 to 0.1	+ 0
0.2	+ 0.5
0.3	+ 1.0

Iniciado Base Juvenil Base	
Difficulty	Bonus
0.0 to 0.3	+ 0
0.4	+ 0.5
0.5	+ 1.0

Junior Base	
Difficulty	Bonus
1 to 20	+ 0
21 to 30	+ 0.5
> 31	+ 1.0

Senior Base	
Difficulty	Bonus
1 to 30	+ 0
31 a 40	+ 0.5
> 41	+ 1.0

INDIVIDUAL ELEMENTS FOR BASE (FGP)

- Infantil Base / Inicial Base / Juvenil Base - 3 individual elements, of which 1 is tumbling.
- Junior Base - 3 individual elements
- Senior Base - Not compulsory. Max. 3.

BASE FGP					
INFANTIL BASE (6-13)	PAIRS Combined Exercise	1 compulsory balance element 1 compulsory dynamic element	1 optional element of balance 1 optional element of dynamic	3 individuals (minimum 1 tumbling)	Minimum 1 catch Maximum 1 dismount Maximum 4 pair elements. Maximum 3 individuals.
	GROUPS Combined Exercise	1 compulsory pyramid 1 compulsory dynamic element	1 optional dynamic element		Minimum 1 catch Maximum 1 dismount Maximum 3 group elements. Maximum 3 individuals.

Compulsory = elements taken of “Youth & Junior Rules 25-28 - Compulsory elements table” - counting for difficulty

Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 - Optional elements table” - not counting for difficulty

BASE FGP					
INICIADOS BASE (8-15)	PAIRS Combined Exercise	1 compulsory balance element 1 compulsory dynamic element	2 optional elements of balance 2 optional elements of dynamic	3 individuals (minimum 1 tumbling)	Minimum 1 catch Maximum 1 dismount Maximum 6 pair elements. Maximum 3 individuals.
	GROUPS** Combined Exercise	1 compulsory pyramid 1 compulsory dynamic element	1 optional pyramid 2 optional dynamic elements		Minimum 1 catch Maximum 1 dismount Maximum 5 group elements. Maximum 3 individuals.

Compulsory = elements taken of “Youth & Junior Rules 25-28 - Compulsory elements table” - counting for difficulty

Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 - Optional elements table” - not counting for difficulty

Groups can only build two pyramids, and both must be new constructions.

Repetition of categories of pyramids is allowed.**

BASE FGP					
JUVENIS BASE (9-16)	PAIRS Combined Exercise	2 compulsory balance elements 2 compulsory dynamic element	1 optional element of balance 1 optional element of dynamic	3 individuals (minimum 1 tumbling)	Minimum 1 catch Maximum 1 dismount Maximum 6 pair elements. Maximum 3 individuals.
	GROUPS Combined Exercise	1 compulsory pyramid 2 compulsory dynamic elements	Minimum 3 balance elements (3 pyramids or 1 transitional 1 pyramid and 1 pyramid) 1 optional dynamic element		Minimum 1 catch Maximum 1 dismount Maximum 6 group elements. Maximum 3 individuals.

Compulsory = elements taken of “Youth & Junior Rules 25-28 - Compulsory elements table” - counting for difficulty

Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 - Optional elements table” - not counting for difficulty

		BASE FGP		
JUNIORES BASE (10-18)	PAIRS Combined Exercise	3 balance elements 3 dynamic elements		Minimum 1 catch Maximum 2 dismounts Maximum 8 pair elements. Minimum 15V of difficulty (<15 = -1,0 final score)
	GROUPS Combined Exercise	3 balance elements 3 dynamic elements		Individual elements 3 individuals

		BASE FGP		
SENIORES BASE (+12)	PAIRS Combined Exercise	3 balance elements 3 dynamic elements	Individual elements Minimum 0 Maximum 3	Minimum 1 catch Maximum 2 dismounts Maximum 8 pair elements. Minimum 20V of difficulty (<20 = -1,0 final score)
	GROUPS Combined Exercise	3 balance elements 3 dynamic elements		Minimum 1 catch Maximum 2 dismounts Maximum 8 group elements. <u>Repetition of pyramid categories is not allowed.</u> <u>3 Separated pyramids are allowed.</u> Minimum 20V of difficulty (<20 = -1,0 final score).

General Rules for 2ª Divisão (FGP)

- All exercises are performed with choreography and with musical accompaniment, which may include music with lyrics.
- Pairs and Groups from 2ª Divisão must perform a balance exercise and a dynamic exercise.
- The maximum duration of the exercise is 2 minutes.
- Juvenil 2ª Divisão must perform:
 - o compulsory elements taken from the Compulsory Elements Tables AG/JR.
 - o optional elements from the Difficulty Tables of FIG or Appendix 4 of the AG/JR.
 - o Individual elements from the Difficulty tables of IG or Appendix 4 of the AG/JR.
- Juvenil 2ª Divisão: elements from the TD-AG/JR may be performed as optional, only if they appear on different rows from those performed as compulsory elements and are included in the TD or in Appendix 4 of the AG/JR.
- In Women's Group, only one element with a horizontal start and landing on the arms is allowed (pirouettes and helis).
- Women's Group are not allowed to perform any pyramid where the top's feet rest on the base's hands, while the base's hands are on the ground.
- For each missing requirement, a deduction of 1-point is applied.
- Performing forbidden elements will result in a 1-point penalty.
- Front or back tuck/*salto* is not compulsory, as an Individual Element.
- Handstand is not compulsory.
- Alternative elements are not permitted.



- Junior Groups and Pairs should perform a minimum of 25 difficulty points, in each exercise. If the target value is not reached, a 1-point deduction is applied.
- Senior Groups and Pairs should perform a minimum of 35 difficulty points, in each exercise. If the target value is not reached, a 1-point deduction is applied.
- Juvenil 2ª Divisão Difficulty: 0.0pt - 0.5pt
- Junior 2ª Divisão Difficulty: 0.0pt - 1,0 pt (DV=100)
- Senior 2ª Divisão Difficulty: 0.0pt - unlimited
- Depending on the difficulty, bonus points are awarded to the difficulty score.

Juvenil 2ª Divisão	
Difficulty	Bonus
0,0 - 0,3	+ 0
0,4	+ 0,5
0,5	+ 1,0

Junior 2ª Divisão	
Difficulty	Bonus
1 - 30	+ 0
31 - 40	+ 0,5
> 41	+ 1,0

Senior 2ª Divisão	
Difficulty	Bonus
1 - 40	+ 0
41 - 50	+ 0,5
> 51	+ 1,0

INDIVIDUAL ELEMENTS FOR 2ª DIVISÃO (FGP)

- Juvenil 2ª Divisão - Balance: 2 individual elements
- Juvenil 2ª Divisão - Dynamic: 2 tumbling individual elements.
- Junior 2ª Divisão - Not compulsory. Max. 3.
- Sênior 2ª Divisão - Not compulsory. Max. 3.

2ª DIVISÃO FGP					
JUVENIS 2ª DIVISÃO (9-16)	PAIRS (Balance Exercise)	3 compulsory balance elements	1 optional element of balance	2 individuals	Maximum 4 balance elements. Minimum 2 individuals.
	PAIRS (Dynamic Exercise)	3 compulsory dynamic elements	1 optional element of dynamic	2 individuals (tumbling)	Minimum 1 catch Maximum 2 dismounts Maximum 4 pair elements. Maximum 2 individuals.
	GROUPS (Balance Exercise)	2 pyramids: a. 2 compulsory pyramids from different rows b. 1 compulsory pyramid and 1 optional pyramid		2 individuals	Maximum 2 balance elements. Maximum 2 individuals.
	GROUPS (Dynamic Exercise)	3 compulsory dynamic elements	1 optional element of dynamic	2 individuals	Maximum 4 dynamic elements. Maximum 2 individuals.

Compulsory = elements taken of “Youth & Junior Rules 25-28 - Compulsory elements table” - counting for difficulty

Optional = elements taken of “Tables of Difficulty” or “Youth & Junior Rules 25-28 - Optional elements table” - not counting for difficulty

2ª DIVISÃO FGP				
JUNIORES 2ª DIVISÃO (10-18) SENIORES 2ª DIVISÃO (+12)	PAIRS (Balance Exercise)	4 balance elements	Individual elements Minimum 0 Maximum 3	Maximum 8 balance elements.
	PAIRS (Dynamic Exercise)	4 dynamic elements		Minimum 1 catch Maximum 2 dismounts Maximum 8 dynamic elements.
	GROUPS (Balance Exercise)	2 pyramids from different categories of pyramids and <u>3</u> <u>static holds.</u>		Maximum 1 pyramid transition. Maximum 8 balance elements.
	GROUPS (Dynamic Exercise)	4 dynamic elements.		Minimum 1 catch Maximum 2 dismounts Maximum 8 dynamic elements

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MAY, 30 & 31 - 2026

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