Federação de Ginástica de Portugal

Trampoline WORLD CUP

& Coimbra gym Fest

NEWSLETTER #2

5-6 JULY 2025

COIMBRA | PORTUGAL
PAVILHÃO M. M. MÁRIO MEXIA

WELCOME TO COIMBRA!

Carlos Lopes
The Sports Councilor of the
Municipality of Coimbra

It is with great pride and enthusiasm that Coimbra welcomes the FIG Trampoline World Cup 2025, taking place on July 5th and 6th, 2025 — one of the most prestigious events on the international gymnastics calendar.

This competition, organized by the Portuguese Gymnastics Federation and the Associação Académica de Coimbra, under the authority of the International Gymnastics Federation, is proudly supported by the Coimbra City Council. It reinforces Coimbra's role as a prime stage for world-class sporting excellence.

Coimbra is a city full of soul, tradition, and history, but also one with a modern outlook, investing in youth, culture, and sport as key pillars of its development. Hosting the best gymnasts from five continents is not only a tremendous honor, but also a unique opportunity to showcase our city to the world.

The Mário Mexia Multisports Hall, located in one of the most vibrant areas of Coimbra, will be the heart of the action — a place where we will witness the thrill of competition, individual achievement, and the strong spirit of teamwork that defines this sport.

I would like to extend my sincere thanks to everyone involved in the organization of this event, and warmly welcome all athletes, coaches, technical teams, and guests. I hope you enjoy not only the competition, but also our city — its history, its gastronomy, the hospitality of its people, and the academic atmosphere that makes Coimbra so special.

Wishing everyone an excellent competition. May this be a memorable experience, filled with passion for sport, mutual respect, and true Olympic spirit.

Welcome to Coimbra!

MCOUTINHO

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VISITA-NOS.

MCOUTINHO.PT

TRANSPORTS

ARRIVALS AND DEPARTURES

On arrival at Porto airport, teams with Local Organizing Committee (LOC) transfer reservations will find volunteers willing to help them reach transportation, according to flight plans wich must be provided in advance.

TRAINING AND COMPETITION DAYS

Every day participants will be offered transportation to the sports hall and back to the hotel, by dedicated bus.

SAFETY

The Host Federation, the LOC and the FIG will not be liable in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating federations are responsible for making their own arrangements regarding insurance coverage against illness, accidents and repatriation for all members of their delegation.

The LOC will verify the insurance status of delegation members upon arrival (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient coverage must inform the LOC in advance. We'll provide first aid services and a team of physiotherapists and doctors will be present during the entire competition.

DOCUMENTS

Each delegation should approach the Accreditation Desk upon arrival with the following documents:

- Passports of all members of the delegation;
- FIG licenses;
- Proof of total payment of costs due to the LOC;
- Proof of insurance of all delegation members.

A photo of each member of the delegation for the World Cup event (digital format), must be sent together with the Nominative Registration.

PRIZE MONEY

There's a total of 25.600 CHF (Swiss Francs) for the Trampoline World Cup and 6.000€ for the International Trampoline Competition.

"Trampolining is an art form. It requires grace, precision, and skill to execute a perfect routine."

Dan Millman

TROPHIES

WORLD CUP - Qualifications and Finals

TRA

Qualification 1	Top 24	Qualification 2	Top 8	Final
2 Exercises Best Exercise counts	Best of each group max. 3 per country/gender	1 Exercise Score resets	Best of each group max. 2/country/gender	1 Exercise Score resets

TRS

Qualification 1	Top 8	Final
2 Exercises Best Exercise counts	Best of each group max. 1 pair per country/gender	1 Exercise Score resets

DMT

Qualification 1	Top 8	Final 1	Top 4	Final 2
2 Exercises Sum of both counts	Best of each group max. 2 per country/gender	1 Exercise Score resets		1 Exercise Score resets

TUM

Qualification 1	Top 16	Qualification 2	Top 8	Final
2 Exercises Best Exercise counts	Best of each group max. 3 per country/gender	1 Exercise Score resets		1 Exercise Score resets

COIMBRA GYM FEST

IS AN EVENT

EUROTRAMP®

TROPHIES

INTERNATIONAL TRAMPOLINE COMPETITION - Qualifications and Finals

17+ TRA

Qualification 1	Top 16/24	Qualification 2	Top 8	Final
2 Exercises Best Exercise counts	Best of each group	1 Exercise Score resets	Best of each group	1 Exercise Score resets

17+ DMT

Qualification 1	Top 16	Qualification 2	Top 8	Final
2 Exercises Best Exercise counts	Best of each group	1 Exercise Score resets	Best of each group	1 Exercise Score resets

OTHER AGE GROUPS TRA

Qualification 1	Top 8	Final
2 Exercises Sum of both count		1 Exercise Score resets

ALL AGE GROUPS DMT TUM

Qualification 1	Top 8	Final 1	Top 4	Final 2
2 Exercises Sum of both counts	Best of each group (only at 17+ age group)	1 Exercise Score resets		1 Exercise Score resets

*At the age groups with less than 9 competitors, the scores are summing Q1 + Final 1 + Final 2

TEAM COMPETITON

TRA DMT TUM

Qualification 1	Top 3	Final Score
All age groups/gender with at least 3 competitors per delegation	Best scores from qualifying rounds	

COIMBRA GYM FEST ASSOCIATES WITH EUROPEAN PROJECT PAS GRAS

Coimbra Gym Fest is excited to partner with the European Project PAS GRAS, coordinated by the University of Coimbra. PAS GRAS aims to prevent and reverse obesity and associated metabolic complications in pre-pubertal children (3-9 yr), adolescents (10-18 yr), young adults (19-25 yr), and adults (25-55).

During the 5-year span of the project, PAS GRAS focuses on four main pillars:
1) Develop a personalized algorithm that will anticipate obesity priming and development in the critical age groups, and identify risk factors for specific complications in subsequent years, guiding future clinical studies.
2) Develop and implement personalized interventions by integrating non-pharmacological lifestyle modifications including increasing the adherence to the Mediterranean Diet.
3) Inform and engage effectively target groups on obesity causes, risks and intervention by co-production of creative and interactive digital tools and personalized diet and physical activity programs.
4) Expand and consolidate the PAS GRAS tailor-made campaign across Europe through developing joint programs for health and food/nutrition literacy and physical activity, with healthcare centres, schools, sports clubs, municipalities, and other relevant actors and public authorities.

The goal of PAS GRAS is to reduce obesity rates by 15% in adults and 30% in children and teenagers in the European union by 2050. This will help decrease health problems related to obesity and promote a healthier, more sustainable diet.

PAS GRAS is a diverse team of researchers from eight countries, including 12 top universities and research institutions. The Gymnastics Association of the Center Region is one of PAS GRAS partners, while Associação Académica de Coimbra, one of its affiliated clubs, is actively participating in a 1.5 years long pilot study involving young gymnasts.

During Coimbra Gym Fest, PAS GRAS invite you describe the beauty of gymnastics and the inspiration for being active, and to tackle obesity and overweight. Our team will be around and will ask you 'how it feels doing gymnastics' and other questions. Stay tuned and be our embassador!

FIG TRAMPOLINE WORLD CUP

245 GYMNASTS
149 OFFICIALS
30 COUNTRIES

26 MEN PAIRS
22 WOMEN PAIRS

70 MEN
58 WOMEN

30 MEN
19 WOMEN

35 MEN
33 WOMEN

TRAMPOLINE INTERNATIONAL COMPETITION

577 GYMNASTS
236 OFFICIALS
20 COUNTRIES

341 GYMNASTS

250 GYMNASTS

138 GYMNASTS

Organization

Institutional Partners

Sponsors