

Flanders International Acro Cup

9th - 12th April 2026



01. General Information

Ambitious Pro Gymnastics is pleased to invite you and your delegation to participate in the

Flanders International Acro Cup 2026

This tournament will be organized in Puurs-Sint-Amands, Belgium from 9th to 12th April 2026. The Flanders International Acro Cup is open to federation teams as well as to individual club teams. In this tournament, there will be a competition for Pre-Youth, Youth, Junior and Senior.

For the Flanders International Acro Cup, following age rules will apply:

Pre-Youth: min 9 years old – max 16 years old - rules Pre-Youth World Gymnastics Age Group

Youth: min 10 years old – max 18 years old - rules Youth World Gymnastics Age Group

Junior: min 11 years old – max 19 years old - rules Junior World Gymnastics Age Group

Senior: min 12 years old – rules World Gymnastics Seniors

PRIZE MONEY will be awarded, under certain conditions, to the medal winners in the **Pre-Youth, Youth, Junior and Senior** competition. See: *17. Medal Award Ceremonies*.



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02. Provisional Schedule

The detailed schedule will be defined in February 2026 and published on the website (www.ambitious-pro-gymnastics.be/FIAC) as soon as available.

Sunday, 5 th April	Arrival of delegations Free training
Monday, 6 th April	Arrival of delegations + accreditations Training as per schedule
Tuesday, 7 th April	Arrival of delegations + accreditations Training as per schedule
Wednesday, 8 th April	Arrival of delegations + accreditations Podium Training as per schedule (*)
Thursday, 9 th April	Qualifications Pre-Youth/Youth/Juniors/Seniors
Friday, 10 th April	Qualifications Pre-Youth/Youth/Juniors/Seniors
Saturday, 11 th April	Qualifications Pre-Youth/Youth/Juniors/Seniors
Sunday, 12 th April	Finals Pre-Youth/Youth/Juniors/Seniors Farewell Party
Monday, 13 th April	Departure of delegations

(*) Only delegations arriving on the scheduled arrival days or before will be scheduled for podium training. Delegations arriving later will be scheduled for podium training according availability. [Measurement of the athletes](#) will be planned after the podium training. Teams that do not have podium training will be measured after accreditation.

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03. Competition Venue

SPORTHAL DE VRIJHALS

Vrijhalsweg 15
2870 Puurs-Sint-Amands
Belgium

Competition and warm up floor: Spieth – Janssen&Fritsen

Google maps link: <https://goo.gl/maps/Jhm2zeL1F792>

04. Maximum size of delegation

Each delegation may include:

1 Head of delegation

1 Team Manager

1 - 5 Coaches (max 1 coach / 3 formations)

At least 1 judge is obligatory: €500,00 penalty fee + entry fee * 2 if no judge is present!

See 20. Additional Information

Unlimited number of acrobatic teams

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05. Competition Format

This competition will be organized following the World Gymnastics regulations, except for any deviation mentioned in this invitation document.

Qualifications and Finals in all categories.

Qualifications:

Pre-Youth/Youth/Juniors/Seniors: 1 static and 1 dynamic exercise

Finals:

Categories with more than 20 pairs/groups who participate in qualifications: top twelve proceed to the final.

Categories with less than 20 but more than 12 pairs/groups who participate in qualifications: top 8 proceed to the final.

Categories with less than 12 pairs/groups who participate in qualifications: top 6 proceed to the final.

Pre-Youth: 1 static or 1 dynamic exercise according World Gymnastics rules

Youth/Juniors/Seniors: 1 combined exercise according World Gymnastics rules

Draw of lots by acro companion determine the starting order in the finals.

Scores in all finals start from zero.

Tie break rules will be explained in the accreditation folder and during the orientation meeting.

All competitors must take part in the qualifications.

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06. Deadlines for entries

Definitive entry: 04th February 2026

Nominative entry: 11th March 2026

Clubs are responsible for their definitive and nominative entries through Acro Companion.

For organizational reasons, the number of teams that can enter the competition is limited by the OC. The principle of “first in-first served” will be used, based on the definitive entries and payments.

To promote the worldwide development of our sport, the first two entries per continent will get priority.

In order to have a valid entry, teams must book the accommodation package through the OC via Acro Companion.

07. Entry Fees

Pre-Youth: €30,00 / gymnast

Youth/Junior: €40,00 / gymnast

Senior: €50,00 / gymnast

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08. Official Hotels - Meals - Transport (all in)

All participating delegations must book accommodation through the OC via Acro Companion!!

HOTEL

single room - full board: €250,00 / night / person

double room - full board: €150,00 / night / person

triple room - full board: €140,00 / night / person

quadruple room – full board: €130,00 / night / person – **ONLY MEN'S GROUPS**

GENERAL INFO

Full board is included in the accommodation packages booked through the OC.

Breakfast will be served at the hotel. Lunch/dinner will be served at the competition venue upon presentation of the accreditation badge.

NO BADGE = NO MEALS!!!

At the time of check-in, each delegation must pay a (cash) deposit of €500,00 to the hotel reception. This deposit will be returned in full at the time of check-out but only if the delegation returns the allocated room(s) in its/their original and proper state (= at the time of check in) and if there is no damage done by the delegation in the hotel.

Transfers from and to any Belgian airport or Brussels railway station to and from the official hotels as well as between the official hotels and the competition venue will be provided to the delegations who booked their accommodation through the Organizing Committee. The transport schedule will be communicated day by day. The schedule will be strictly followed by the drivers.

PLEASE BE ON TIME!!!

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09. Finances

The delegations are responsible for covering their travel expenses, accommodation, meals and entry fee. **100 % of the entry fee + 50 % of the accommodation package must be paid at the time of definitive entry** (04th February 2026) to:

Bank: KBC
Address: Havenlaan 2
1080 Brussel
Account name: Events For Gymnastics vzw
Address: Vooruitgangstraat 7c, 2870 Puurs-Sint-Amands
SWIFT: KREDBEBB
IBAN: BE46 7350 4935 8436

The entry fee is not refundable.

The accommodation fee is only refundable if cancellations are made before 14th February 2026.

The total accommodation fee should be paid by 11th March 2026. Cancellations after 11th March 2026 are not refundable. If there is no payment before 14th February 2026, clubs will be deleted from the starting order and cannot participate

Make sure all possible transfer charges (sending **and** receiving) are **paid** to ensure the correct amount is deposited on our account. When making an international bank transfer you can usually choose between different options, depending on who should pay the fees: the **OUR** instruction means you pay all transfer charges.

10. Visa

If you need an official invitation to obtain a visa to travel to Belgium, you can request this by Acro Companion.

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11. Insurance

All delegations are responsible for having the necessary coverage against accidents and illness. Those certificates of insurance (copy of policy) can be uploaded via Acro Companion at definitive registration. All persons who cannot provide proof of adequate insurance coverage at time of accreditation are offered an insurance package at the cost of €100,00 a person in order to be accredited.

12. Medical Services

Medical services during the competition will be provided by a physiotherapist and a team of the Red Cross with ambulance service. Nearest General Hospital at 10 minutes' drive / University Hospital Antwerp and Brussels at 20 minutes' drive from venue.

13. Media

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. The media will be assigned special seating and working conditions. Please contact the OC as soon as possible (contact info see: 23. *Organizing Committee*)

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14. Accreditation - Tariff sheets - Music

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 Heads of Delegation must check the correct names of their complete delegation, verify accommodation requirements and make the necessary payments, including insurance if no certificate of insurance is uploaded.

The accreditation card is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

Lost accreditation cards can be replaced at a price of €150,00.

The Heads of Delegation have to present the **passports** of all members of the team.

In order to save time, we encourage delegations to upload the copies of the passports and insurance certificates as early as possible in the registration process in Acro Companion.

The definitive workplan will be given at the time of accreditation.

Tariff sheets must be made on **Acro Companion** software and uploaded until 29th March 2026.

Music: must be uploaded on **Acro Companion** software. Deadline: 29th March 2026.

The competition number for each team will be automatically filled in on the received tariff sheets after the nominative entry by Acro Companion.

15. Orientation meeting

The orientation meeting will take place on Wednesday 8th April 2026. This meeting is for Heads of Delegation, Team Managers, Judges and coaches. Each Head of Delegation will receive the official competition plan.

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16. Opening Ceremony

The Opening Ceremony will be a presentation of the participating countries/clubs. No gymnasts are required.

17. Medal Award Ceremonies

Only the first three places will be requested to participate in the Medal Award Ceremonies. They are requested to appear in competition suit.

PRIZE MONEY will be given to **Pre-Youth, Youth, Junior and Senior competition**. If, per category, at least 6 teams are in the finals **and** teams from at least 3 different countries entered the competition (qualifications) in that category. If these conditions are not fulfilled but the score without difficulty (D-score) of the team in the final is equal or above 26.500 points (Pre-Youth) and 26 points (Youth, Junior and Senior), prize money will be given to this team.

Pre-Youth

1st place – €60,00 (for each partner of the Pair/Group)

2nd place – €40,00 (for each partner of the Pair/Group)

3rd place – €20,00 (for each partner of the Pair/Group)

Youth / Junior

1st place – €120,00 (for each partner of the Pair/Group)

2nd place – €80,00 (for each partner of the Pair/Group)

3rd place – €40,00 (for each partner of the Pair/Group)

Senior

1st place – €240,00 (for each partner of the Pair/Group)

2nd place – €160,00 (for each partner of the Pair/Group)

3rd place – €80,00 (for each partner of the Pair/Group)

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18. Farewell Party

A farewell dinner will be organized and will be followed by a farewell party.

All delegations are invited to participate without additional payment.

Extra tickets will be available at the OC office at **€30,00 per person**. Requests for extra tickets must be made at the very latest Saturday, 11th April 2026.

19. Departure of Delegations

Please see the work plan that will be made available at accreditation.

If you need additional information, don't hesitate to contact the OC-office.

20. Additional Information

All further information concerning the detailed program will be given with the official work plan in March 2026.

Additional payments: *NO JUDGE* = €500,00 + 2 * *ENTRY FEES*

1 to 5 teams = 1 judge obligatory

6 to 10 teams = 2 judges obligatory

More than 10 teams: 3 judges obligatory

Every judge must be available during the whole competition (Thursday till Sunday), also if you have no teams in all levels. The definitive judge plan will be sent one week before competition. If the judge can't be present on the competition, he/she has to judge, it is the responsibility of the club to present another judge from the same category and same country. If there is no replacement, the fee of €500,00 + 2 * Entry fees will be charged to the club.

Extra meal tickets (lunch/dinner) are available at €20,00/meal/person

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21. Media rights

The organization records and streams the competition and has the right to put the movies online. Entering the competition automatically grants APG and FIAC the rights to use and publish all photographic material and image rights.

23. Organizing Committee

Ambitious Pro Gymnastics vzw
Vooruitgangstraat 7c
2870 Puurs-Sint-Amunds - Belgium

Mobile: + 32 468 10 20 18
E-mail: apg.fiac.oc@gmail.com
President OC: apg.fiac.president@gmail.com
Website: www.ambitious-pro-gymnastics.be/fiac

Important dates:

Definitive entry: 04th February 2026

Nominative entry: 11th March 2026

Tariff sheets: 29th March 2026

Music: 29th March 2026

100 % of the entry fee + 50 % of the accommodation package: 04th February 2026

Total accommodation fee: 11th March 2026