

TEAM GYM

MINI
TEAMGYM

MICRO
TEAMGYM

GYM SHOWS

- Over 49 countries from 5 continents took part
- International workshop program with instructors from 15 different countries.
- More than 30 gym festivals around the island

GYMNASTIC WEEK

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BLUME GRAN CANARIA

XIII INTERNATIONAL TEAMGYM CUP FOR CLUBS

Teamgym during winter... in Gran Canaria?

YES, WE CAN

BLUME GRAN CANARIA is pleased to invite you cordially to the **13th International TeamGym Cup 2025** for groups, Mini and Micro Teams, that will take place on Saturday, November 29th, 2025.

Within the program of the **63rd International Gymnastics Festival BLUME GRAN CANARIA** and in the spectacular sports hall of GRAN CANARIA ARENA in the capital of the island, Las Palmas de Gran Canaria our main objective is to share "*the Canarian gymnastics party*" during one day specially dedicated to the nice discipline of Teamgym

gymnastics.

We will enjoy the international event with the participation of several nations and offers



TeamGym in BLUME GRAN CANARIA

all categories for the gymnasts as well as the special festival.

With our directives we are confident to offer our gymnasts the best

participation possibilities in this competition.

The registration deadline is till November 1st, 2025 and can be done via mail to office@blumegrancanaria.com.

You can download all documents concerning your participation in our web site www.blumegrancanaria.com

Hope to meet you in Gran Canaria!

International TeamGym Cup
BLUME GRAN CANARIA

Why, when & where to register?

An attraction at BLUME GRAN CANARIA 2025 International Gymnastics Festival will be the Teamgym competitions. As the most intensive sport of all, marked individuality, dynamism with emotions, elegance with extraordinary agility and control of the body.

Your team or gymnasts can choose any of the categories of the XIII International Cup that will take place on Saturday, November 29th, 2025 in our legendary GRAN CANARIA ARENA, where BLUME GRAN CANARIA repeats history for the third time.

For preliminary registration just send an email to office@blumegrancanaria.com till September 1st, 2025.

Teamgym International CUP



Spectacular gym shows shared with all participating countries

“Workshops are the best way to connect with the natural island environment by enjoying movement and gymnastics”

Gymnastics outdoors ?
During Winter?

YES, ... in
BLUME GRAN CANARIA



BLUME GRAN CANARIA 2025 is an international TeamGym tournament that brings together teams from around Europe to showcase their skills and compete in this exciting gymnastics discipline. This tournament promises to be a thrilling event for both participants and

spectators alike.

This tournament not only provides a platform for athletes to showcase their skills but also promotes cultural exchange and friendship among participants from different nations. It is an excellent opportunity for gymnasts to learn from one another, share experiences, and form

lasting connections.

Pabellón El Tablero

Saturday, 29.11.2025

10:00-12:00 Training

13:30-16:30 Competition

Mini Teamgym & Micro Teams

Mini TeamGym is a modified version of the traditional TeamGym discipline, specifically designed for younger gymnasts. It combines elements of tumbling and trampolining exercises, allowing young athletes to showcase their agility,

strength, and coordination. Micro Teams, on the other hand, involve even younger gymnasts who perform routines tailored to their age and skill level.

Whether you're a fan of gymnastics or simply appreciate the beauty

and grace of this sport, **BLUME GRAN CANARIA** is an event not to be missed. Mark your calendars and get ready to witness the excitement and artistry of TeamGym at its finest in Gran Canaria in 2025.

Pabellón El Tablero

Saturday, 30.11.2025

Gym shows outdoors

We celebrate the Festival in the south of the island in the well-known location of the Shopping Centre Yumbo.

The magic environment offers a colourful and diverse number of national and international performances showing

the country selection for our international visitors.

BLUME GRAN CANARIA 2025 is expected to attract top gymnastics teams from around the world, creating a competitive and electrifying atmosphere. Spectators

can look forward to witnessing breathtaking routines, impressive displays of athleticism, and the sheer dedication of these talented gymnasts.

Where? Shopping Centre Yumbo

When?

30.11 till 3.12. 20:00

GYM CUPS - Rhythmic Gym, TeamGym, Aerobic, Trampolin



11th International Rhythmic Gymnastics Cup BGC

Pol. Jesus Telo
29.11 9–11 Training
29.11 10-13 Indiv. Cup
29.11 14–18 Groups Cup



13th International Teamgym Cup BLUME GRAN CANARIA

Pol. El Tablero,
Maspalomas
29.11 9–10 Training
29.11 10-16 Groups Cup



6th International Aerobic Cup BLUME GRAN CANARIA

Pol. Jesus Telo
29.11 9–11 Training
29.11 10-13 Competition



4th International Trampolin Open Cup BGC

Not in 2025

Locations & Transport



BLUME GRAN CANARIA is not only at the beach of Playa del Ingles and during the festival, if you opt to participate in one of the 9 villages of the island, you will visit also pine-forest, beautiful mountains, valleys and lakes. Our brand identifi-

cation is the private bus for BGC participants. Your team will be pick up from your accommodation and transported to the event or workshop. After finalization of the event, we will bring you back to the accommodation. This special service

for our participants differentiate us and improve the support for the team coordination.

BLUME GRAN CANARIA locations are Las Palmas de Gran Canaria (6x), Maspalomas (4x), Agüimes, Ingenio, Mogan, Santa Brígida and Vecindario.

BLUME GRAN CANARIA Cups -
in the gigantic & superb Gran Canaria Arena The biggest sports hall of the Canary Islands

Registration



With the entry + transport card the participants can reach and visit during the Sportsfestival BLUME GRAN CANARIA all events, workshops, Cups and gym-shows, inauguration and closing ceremony.

BLUME GRAN CANARIA bus service will pick up the participants from the hotels and transport to the festival locations, where the gymnastic team will participate. The entrance + transport-ticket costs per person during the Festival including tournament are:

Registration	participants	visitors
BLUME GRAN CANARIA Festival, CUP	45 €	50 €
BLUME GRAN CANARIA CUP (*)	20 €	25 €
<i>for children (till 6 years old) the entrance + transport ticket is free</i>		

(*) certified judge contributed by team

Provisional Program BLUME GRAN CANARIA 2025

Nr.	Date	Day	Time	Event	Location
	02.11.2025	Friday	17:00	XVII Anniversary Jesús Telo Núñez	Church del Pino
01	27.11.2025	Thursday	10:30	Presentation 63. Blume-Gran Canaria	Gran Canaria Arena
			10:30	Blume – Gran Canaria (Voluntars meeting)	Gran Canaria Arena
			10:30	Local clubs meetings (Accreditation)	Gran Canaria Arena
02	28.11.2025	Friday	10:00	Training Rhythmic gymnastics	Pol. San Fernando
03			11:00	Matinee Marpe-Memorial Herminio Marrero	Pabellón Jesús Telo
04			17:00	Gym ShowTelde – Memorial Petri Hernández	Pol. Rita Hdez.
05			17:00	Gym Show Las Palmas	Pabellón Jesús Telo
06	29.11.2025	Saturday	10:00	XIII Team Gymnastics	Pol. El Tablero
07			10:00	11. Int. Cup GR BLUME GC (Individual)	Pabellón Jesús Telo
08			14:00	11. Int.Cup GR BLUME GC (Groups)	Pabellón Jesús Telo
09	30.11.2025	Sunday	11:00	Matinee LPGC-Memorial Cornelio Ortega	Pabellón Jesús Telo
10			15:00	Meeting team leaders	H. Beverly Park
11			20:00	Evening show 1 Maspalomas	C.C. Yumbo
12	01.12.2025	Monday	09:00	Workshops	Pol. San Fernando
13			17:00	Evening Show Mogan	Puerto Mogan
14			20:00	Evening Show 2 Maspalomas	C.C. Yumbo
15	02.12.2025	Tuesday	09:00	Workshops	Pol. San Fernando
16			17:00	Evening Show Santa Brígida	Pol. Santa Brígida
17			20:00	Evening Show 3 Maspalomas	C.C. Yumbo
18	03.12.2025	Wednesday	09:00	Workshops	Pol. San Fernando
19			17:00	Evening Show Ingenio	Pol. Carrizal
20			20:00	GALA JESUS TELO NUÑEZ	C.C. Yumbo
21	04.12.2025	Thursday	09:00	Workshops	H. Beverly Park
22	05.12.2025	Friday	09:00	Workshops	H. Beverly Park
23	08.12.2025	Sunday	11:00	XIX Matinee JUDO	Pol.Tamaraceite



Accommodation in Maspalomas

BLUME GRAN CANARIA office is located at the 3* HOTEL BEVERLY PARK during the Gym Festival period.

The accommodation of the participants in the same Hotel permits short

ways and fast attention to the daily request of the participating team leaders.

BLUME GRAN CANARIA buses are starting from the official 3* Hotel

Beverly Park to the Festival events.

BLUME GRAN CANARIA offers the accommodation in regime half board (breakfast & dinner) in the official 3* Hotel **till September 1st, 2025.**

Participating teams if they prefer, can book other accommodations.



“short ways and economic alternatives between your accommodation in Gran Canaria and the gym events”

Accommodation in Las Palmas de Gran Canaria

The official 4* AC Hotel Iberia Las Palmas is located beside the sports hall, Vegueta historical centre.

Each room features individual minibar, plasma TV with over 20 channels and fully equipped bathroom.

Enjoy the characteristic fitness centre, free Wi-Fi access, AC breakfast buffet and outdoor rooftop swimming pool with solarium.

The AC Hotel Iberia Las Palmas is the perfect option for a stay in the Canary Islands.



Travel, sports insurance, visa



The OC BLUME GRAN CANARIA recommends to reserve the flights till September 2025.

More than 40 European airports are directly connected with the airport Gran Canaria.

The 2 main hubs in Spain are Madrid and Barcelona.

The low cost airlines allows flight prices in the winter time starting with 120 €.

Every participant has to be insured accordingly for the gymnastics event in their own country during the complete festival. BLUME GRAN CANARIA can't assume any responsibility and recommend to be insured

with travel insurance European Health Insurance Card (EHIC) during the event period. Please send your draft VISA application in word format and BGC will issued accordingly the request.

Rules and Regulation BLUME GRAN CANARIA 2025

1. The Teamgym International Cup is a Club based series of competitions, set in several UEG member countries, that offers a way to give to all gymnasts, with a minimum age of 8 years old, the possibilities of representing their Club and competing internationally in TeamGym and Trio teams (Micro).
2. There are several competitions around Europe, called 'Steps'. Teams can take part in as many as they choose.
3. The event is run by the Academy Village in Cesenatico, Italy. They offer the prizes and collate the results from all the Steps.
4. All Steps are organized by National Federations or Clubs. Entries must be submitted direct to the organizer of each Step at least two months prior to the event.
5. BLUME GRAN CANARIA host the final step of the 13th International Cup for Clubs 2024 and offer the prize for the winner.
6. BLUME GRAN CANARIA provide information about the final step, including venue, dates, accommodation, sections offered, equipment available, tariff form submission and music submission.
7. The International Cup offers competitions in TeamGym and is open to the following age categories.
 - Youth teams (combined – women, mixed and men compete in one division)
 - Junior teams (women, mixed and men)
 - Senior teams (women, mixed and men)
 Competitions in Mini TeamGym and Micro Team sections are also included.
8. A gymnast should only take part in one team, which can only enter one category and one section, at each Step.
9. The last valid UEG CoP will be used, including the changes in these rules.
10. Teams need to bring their own judges.
 - At least one judge per team (preferably National standard)
 - In the competition should be one international judge as a head judge of the Competition.
11. The winner of the Cup, in each category, is the team which has the highest combined score, from their two best scores, from the Steps they entered, (points plus the Ranking bonus), at the completion of all Steps.
12. The Rules covering specific requirements for the categories, ages and sections are shown in the tables below.
13. BLUME GRAN CANARIA include Mini TeamGym and Micro Team (also known as Trios) within the competition Step.
 - A Mini Team must be composed by 4 to 7 gymnasts - all the disciplines, Trampet, Tumbling and Floor
 - A Micro Team must be composed by 3 to 5 gymnasts - only Trampet and Tumbling, no Floor
 - Gymnasts who compete in Trio or Mini Team should not compete in TeamGym in the same competition step



Sections and Categories

TeamGym Section			Mini TeamGym Section			Micro Team (Trio) Section		
Floor, Tumble and Trampet			Floor, Tumble and Trampet			Tumble and Trampet only		
Youth	Junior	Senior	Youth	Junior	Senior	Youth Trio	Junior Trio	Senior Trio
8-14 y	13-17 y	16+y	8-14 y	13-17 y	16+y	8-14 y	13-17 y	16+y
8 plus*	8 to 12 y		Mini 4 to 7 gymnasts			3 to 5 gymnasts		
* No limit to the number in the team	May have 1 or 2 younger gymnasts than the age limit		Maximum 1 gymnast of 14 y	May have 1 younger gymnasts than the age limit		Maximum 1 gymnast of 14 y	May have 1 younger gymnasts than the age limit	
Men, Women and Mixed teams compete in ONE DIVISION	M, W & Mix Mix: 50% M/F.		Men, Women and Mixed teams compete in ONE DIVISION	M, W & Mix Mix only need 1 gymnast of opposite sex.		Men, Women and Mixed teams compete in ONE DIVISION	M, W & Mix Mix only need 1 gymnast of opposite sex.	
Gymnasts from a MAX of 2 Clubs but the Team must have only one name			Gymnasts from a MAX of 2 Clubs but the Team must have only one name			Gymnasts must be from the same Club		

Table 2 Floor (TeamGym)

Age Category	Youth	Junior	Senior	Notes
Area	14 m x 14 m	14 m x 16 m		The floor should be 14 x 16m with additional lines showing the 14 x 14 for youths. If organisers are unable to provide a full area, this information should be made very clear in the invitation.
Time	1:30—2:30	2:15 - 2:45		
Formations	Minimum 4 (1 moving curve, 1 small, 1 large)	As per UEG code		
Difficult Elements	1 acro, 1 dynamic balance, 1 jump/hop/leap, 1 standing balance	As per UEG code		
Combination	As per UEG code			

Table 3 Tumble (TeamGym and Micro Teams)

Age Category	Youth	Junior	Senior	Notes
Equipment	TeamGym Tumble Track or Air Track with 16 m run up			
Gymnasts per round	TG—6 gymnasts, Mini TG—4 gymnasts and Micro Teams—3 gymnasts			
CoP	UEG CoP with following changes/additions			
Changes	1. Each series composed of 2 or 3 elements 2. Three rounds (1 Fwd & 1 Bwd compulsory, no requirements for elements direction for the 3rd round) 3. Intermediate steps allowed – 1,00 deduction per step (Difficulty counted) 4. Stops do not end routine but are deducted 5. Forward and backward rolls are accepted 6. Front to forward roll is accepted 7. No compulsory twist (Long axis)	No changes		
Additional Elements	1. Forward roll 0.05 2. Backward roll 0.05	No additions		

Table 4 Trampet (TeamGym and MicroTeams)

Age Category	Youth	Junior	Senior	Notes
Equipment	TeamGym Trampet and Vault			
Gymnasts per round	TG—6 gymnasts, Mini TG—4 gymnasts and Micro Teams—3 gymnasts			
CoP	UEG CoP with following changes/additions			
Changes	1. NO Double salto requirement 2. Half twist requirement (Replace full twist) 3. 1 Vault round compulsory h.145	No changes		
Additional Elements	No additions			



BLUME GRAN CANARIA

Contact details:

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Visit us in ...

www.blumegrancanaria.com

We are pleased to invite you, on behalf of the Spanish Gymnastics and the Organizing Committee BLUME GRAN CANARIA to participate in the 63rd International Gym Festival BLUME GRAN CANARIA from November 28th until December 4th, 2025 in Gran Canaria, Spain.

Gran Canaria, known as one of the most demanded international tourist centre of Europe is inviting all participants to share the fascination of gymnastics and enjoying the "spring-like" temperature of 20/25 degrees in the island during the winter.

BLUME GRAN CANARIA Gym Festival 2025 is an European event organised for all ages offering a wide range of sports, social and cultural activities.

All groups are welcomed to take an active part in the programme and shape the week's events contributing with their own country gymnastics and enjoying the cultural events.

Participants questions & answers

Can we participate this year?

Yes, provisional registration deadline till September 1st, 2025

How to organize the travel?

Easy, ask us or contact your local travel agency for an economic flight price for groups.

Where shall be accommodated?

Maspalomas, where you can enjoy beach, sun and short ways to the events.

Can we change our registration?

Yes, at any time in order to facilitate the coordination work of the parti-

cipating teams.

Can we participate only in Micro Team?

Yes, you can participate in every category and enjoy the festival activities.

How is local transport?

OC BGC bus service pick you up from the airport and transport to your accommodation. During the festival we pick up your team at



Thanks for your support!

