



IFSC EUROPE – EUROPEAN YOUTH CUP - BOULDER

2021

# 2021 IFSC EUROPE

# EUROPEAN YOUTH CUP BOULDER



# SOURE, PORTUGAL

# 09/10 OCTOBER 2021

ORGANISED BY:



Município  
DE SOURE



AGRUPAMENTO DE ESCOLAS  
MARTINHO ÁRIAS  
SOURE



## ORGANIZATION

The competition is organized by the Promoting Climbing and Mountaineering Federation - Portugal ([www.fpme.org](http://www.fpme.org)) and the Club NESoure.

Host Federation: FPME

Mr. Carlos Gomes

Phone: +351 936 626 048

Mail: [carlos.gomes@fpme.org](mailto:carlos.gomes@fpme.org)

Organizing Club: NESoure

Mr. Alberto Cruz

Phone: +351 966 142 879

Mail: [albertocruz@escolasdesoure.pt](mailto:albertocruz@escolasdesoure.pt)

## TEAM QUOTAS & RULES

Refer to IFSC Rules, pay attention to the following points:

The EYC is organized by the IFSC Europe in accordance with the IFSC general and boulder regulations and the European Youth Cup Bouldering rules:

IFSC: <https://www.ifsc-climbing.org/index.php/world-competition/rules>

IFSC Europe: <https://www.ifsc-climbing.org/index.php/2-uncategorised/86-european-council>

### LICENSES :

Only competitors and team officials holding a valid IFSC international license are allowed to register for the competition.

### TEAM OFFICIALS AND COMPETITORS:

Member federations may register, within statutory deadlines, all their team officials who shall be granted free entry into the competition venue. These officials shall be registered via the IFSC website, must be in possession of a valid international licence and specifically nominated for one of the following roles:

a) One (1) team manager:

b) Up to three (3) team coaches:

c) Up to three (3) qualified medical or para-medical personnel.

### TEAM QUOTA:

a) Each federation - 3 male and 3 female competitors in each category

Host federation - 5 male and 5 female competitors in each category

b) Any current European Youth Champions (who shall be registered for the Discipline in which they are champion).

This reduced quota has been decided by the IFSC Europe Executive Board, based on the current Covid regulations and the effort to reduce the maximum number of athletes taking part in a competition in order to make the events feasible.

### AGE CATEGORIES:

Juniors 2002 - 2003

Youth A 2004 - 2005

Youth B 2006 - 2007





## REGISTRATION

Apply on the IFSC Online Registration System: <https://ifsc.results.info/users/login>

**Registration Deadline:** Monday , 27th of September 2021 ,

**Registration fees:** Euro 25€ for each competitor. The registration fee will be invoiced by the IFSC Europe to the National Federations. No cash- payments will be done on site.

For the registration on Friday, it is necessary for all team managers to show the passports or ID- cards of their competitors (or copy).

**Note:** Only 1 Team Official / Federation shall enter the venue for Registration and for the Technical Meeting

**Registration desk:** [Soure City Hall](#)



GPS: 40°03'39.4"N 8°37'32.3"W

### IMPORTANT:

Please send a list of your Team Officials (manager, coaches and medical staff) and the mobile phone number of the team manager together with arrival information of the team to the email: [albertocruz@escolasdesoure.pt](mailto:albertocruz@escolasdesoure.pt).

### Confirmation of attendance for delayed arrival:

In case a team is not able to make the registration in time due to flight delays or other unpredictable reasons, please contact: Johannes Altner +491 762 31 3 59 46 or Alberto Cruz : +351 966 142 879

## TRAVEL DETAILS

### Visa:

If you need invitations for Visa, please fulfil the template provided at the end of the document before 9<sup>th</sup> September and send it to: [fpme@fpme.org](mailto:fpme@fpme.org). And please, don't forget to attach a scanned passport copy.





### TRAVELLING TO SOURE

Soure is located near Coimbra and about 150km of Porto airport and 180 km of Lisbon airport. It has a railway station and some trains from Porto, Lisbon and Coimbra stop there.

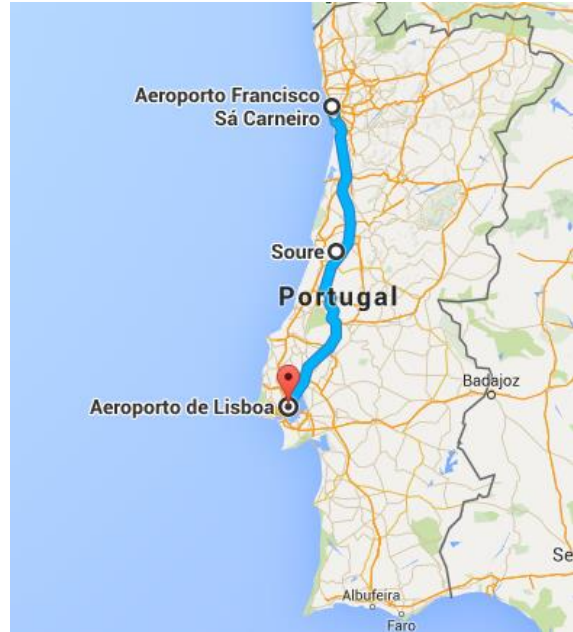
### TRAVEL DETAILS

By plane: The nearest airports are:

- Porto (157 km)
- Lisboa (177 km)

By train: From Porto or Lisbon you can catch a train to Soure Railway station, then take less than 10 minutes walk to the competition venue. It is possible to take a train from Porto or Lisbon to Coimbra and come to Soure by train or by bus.

By car: On motorway From Lisbon or Porto take A1; take the exit marked Soure. At the roundabouts take N348 to the right. After 6 km you are in centre of Soure.



## COMPETITION VENUE

[Pavilhão da Encosta do Sol](#)

Avenida Doutor Humberto Lopes Luís

Urb. Encosta do Sol

3130-255 Soure

The venue is near the middle of the village, 500m from the City Hall.

Google Maps: <https://www.google.pt/maps/@40.0652488,-8.6263145,419m/data=!3m1!1e3?hl=pt-PT>

GPS: 40.0661 42, -8.627478

## IFSC OFFICIALS

Jury President: Johannes Altnr

Jury President Assistance:

Pedro Matos

Result Service: Luís Belo

Covid-19 Delegate: TBC

Chief Route Setter:

Marcin Wszolek

Route Setters:

João Évora, João Sabugueiro, Sérgio

Verdasco, Olga Niemiec

Route Setter Exchange Program:

Anne Borella

## COMPETITION FORMAT

The format for qualifications has been changed by the IFSC Europe Executive Board, in order to reduce the amount of people present at the Field-of-Play at the same time:

Qualifications: WC-Qualification-Format - 5 Boulders/5 Minutes\*

Finals: WC-Semifinal Format - 4 Boulders/5 minutes (quota: 10/category)

\* If the number of registered athletes is high, the rotation time in qualification can be reduced to four (4) minutes to ensure the feasibility of the Event.



## ACCOMMODATION

Soure is a small village with few accommodations.

This year we made a special arrangement with *Palace Hotel & SPA Termas do Bicanho* (\*\*\*\*), about 14Km from the venue. The hotel will provide about 136 rooms for the EY Cup. The price includes breakfast. Usually the hotel does not provide meals but, for the European Cup, the teams can book for it.

*It is possible to have free transportation between this hotel and the competition venue during the competition days, three times a day, in defined hours, depending of the competition final time table.*

All hotels and hostels listed below have agreed to a reduced price for the bouldering event.

Cat.	name	phone	email	website	↑	↑↑	↑↑↑	↑↑↑↑	2pax	3pax	4pax	12pax
<b>Soure from 10 to 14 km to the venue</b>												
****	Palace Hotel & SPA Termas do Bicanho	T+351 239580020	geral@termasdobicanho.com	http://www.termasdobicanho.com	52.5	62.5	82.5					
Rural House	Quinta de S. João, Poios	T+351 96 4763150	marinelasousa@sapo.pt	http://www.quintasaojoao.com.pt/								20€ 12 person/night
	Casa Monte Alegre	T+351 912 155 628	tipicoartesanato@gmail.com	http://www.casamontealegre.pt/								21€ person/night; 189€ 9 person/night
<b>Montemor-o-Velho 12Km km to the venue</b>												
***	Quinta d'Anta- Hotel Rural Maiorca	T+351 233937000 +351 964994 515	nuno.carvalho@portugalonwater.pt hotel@quintadanta.pt	http://www.quintadanta.pt	85	90	120					
	Hotel Abade João	T+351239687010 +351 963679165	hotelabadejoao@itcomercio.com	https://www.abadejoao.com/	27	40	55	70				
<b>Pombal 17 km to the venue</b>												
***	Hotel Pombalense	+351 236 200 990	info@hotelpombalense.pt	www.hotelpombalense.pt	35	45	61					
	Acquavilla AG	T+351 936 403 041	reservas.acquavilla@gmail.com	www.acquavillahouse.com	65	68	85	100				
<b>Coimbra 29 km to the venue</b>												
**	Hotel Vitória	T+351 239 824 049	reservas@hotelvitoria.pt	http://www.hotelvitoria.pt/		70	90					
<b>Figueira da foz 36 km to the venue</b>												
****	Universal Boutique Hotel	T+351 233 090 110	reservas@universalboutiquehotel.pt	www.universalboutiquehotel.pt	56	60	85					
****	Sweet Atlantic Hotel	T+351 233 408 900	reservas@sweethotels.pt	www.sweethotels.pt/hoteis_atlantic.php	70	80						
****	Hotel Mercure Figueira Foz	T+351 233 403 900	hl921@accor.com	www.mercure.com	63	71						
***	Hotel Ibis Figueira da Foz	T+351 233 408 190	h2104@accor.com	www.ibishotel.com	55	55	81.5					

Please book your rooms directly with the hotels/hostels and mention your team will participate in the EY Cup - Soure to benefit the reduced prices.

For further assistance please get directly in contact with the hotel/rural house





## PROVISIONAL PROGRAMME (LOCAL TIME)

**Warning:** This provisional schedule has to be confirmed at the technical meeting and will depend of the number of registered athletes

**Friday, October 8<sup>th</sup> - Registration**  
[Soure City Hall \(www.cm-soure.pt\)](http://www.cm-soure.pt)

16:30 - 18:00 - Registration  
18:30 - Technical Meeting

**Saturday, October 9<sup>th</sup> - Qualifications**

[Event Venue](#)

06:45 - Open Warming zone  
08:00 - 11:30 - Qualification Youth B male and female  
12:30 - 16:00 - Qualification Youth A male and female  
16:30 - 20:00 - Qualification Junior male and female

Depending on the number of competitors, the timetable may vary!

**Sunday, October 10<sup>th</sup> - FINALS**

[Event Venue](#)

08:00 - 09:30 - Isolation zone opening and close Youth A and Junior male/female  
09:50 - 11:10 - Youth A male and female finals  
11:40 - 13:00 - Junior male and female finals  
12:30 - 13:10 - Isolation zone opening and close Youth B male/female  
14:05 - 15:25 - Youth B male and female finals  
16:00 - Award ceremony





## COVID RELATED INFORMATION

**TECHNICAL MEETING:** There will be an Online Technical Meeting on Friday, 24th of September 6 pm (CET) primarily to discuss the Covid-19 regulations. Slides from the online meeting can be found [here](#).

### PREVENTION MEASURES & PROCEDURE ON SITE

Details regarding all Covid-19 related measures (prevention measures during the competition, warm-up procedure, testing...):

Public is allowed but there are rules to follow:

- 2m distance
- Mouth mask is obligatory at all times

Exceptions

- Athletes during warm up (on the wall only)
- Athletes during competitions (on the wall only)

### NECESSARY MEDICAL CERTIFICATE OF A NEGATIVE SARS-COV-2 TEST or EU Digital COVID Certificate

All athletes, coaches, officials and staff are required to have an EU Digital COVID Certificate or a valid negative Sars-Cov-2-Test result at registration. Rapid-Antigen Tests have a validity of 48 hours and PCR Tests have a validity of 72 hours. Both types of tests will be accepted.

- RT-PCR Test (or similar NAAT test) - 72h before registration or
- Rapid Antigen Test - 48h before registration, or
- a valid [EU Digital COVID Certificate](#) (the full vaccination should be at least 14 days old) or
- a valid Vaccination or recovery certificate issued by a third country, under reciprocal conditions, dated and with an official stamp.

All test / vaccination certificates of all team members need to be written in Portuguese and English.

All tests and certificates have to be sent to [testcovid@fpme.org](mailto:testcovid@fpme.org) at last 4h before the registration.

No test result in [testcovid@fpme.org](mailto:testcovid@fpme.org) - no accreditation!

### Rapid Antigen Test on Departure

A rapid antigen testing will be organized in the competition venues on Sunday, between 14:30 and 17:00.

For that, the teams have to ask for it, completing the [Excel application form](#) that should be sent to the email [agtest@fpme.org](mailto:agtest@fpme.org) before 23:59 of Saturday 9<sup>th</sup>. [\(EXCEL\)](#)

Price 25€





## HOW TO TRAVEL TO PORTUGAL:

**ATTENTION:** In spite the information below, written on September 17<sup>th</sup>, as informed by the Ministry of Internal Administration at September 15<sup>th</sup> ([See here](#)) after a request for clarifications sent by FPME ([See here](#)), all travels to Portugal to participate in EY Cup - Soure are allowed and there is no need to comply with quarantine of 14 days after arrival. We suggest you bring these two documents with you.

If you have doubts about you trip confirm everything in <https://www.traveldoc.aero/> (webpage used by the airlines companies)

The following information was written on **September 17<sup>th</sup>**, according to the Covid-19 restrictions valid at this time. If the travel restrictions change, the information will be updated as soon as possible ([possible update September 30](#))

The following information is provided without guarantee of legal accuracy.

Actualizations can be seen in <https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>.

### 1) Arriving to Portugal by Plane

**ALLOWED** (Essential and non-essential travel)

Countries of the European Union, Schengen Associated countries (Liechtenstein, Norway, Iceland, Switzerland), Australia, Bosnia and Herzegovina, Brazil, Canada, China, South Korea, United States of America, Jordan, New Zealand, Qatar, Republic of Moldova, Saudi Arabia, Singapore, Taiwan, Ukraine, United Kingdom and special administrative regions of Hong Kong and Macao

- RT-PCR Test (or similar NAAT test) - 72h before boarding, or
- Rapid Antigen Test - 48h before boarding, or
- A valid EU Digital COVID Certificate, or a
- a valid Vaccination or recovery certificate issued by a third country, under reciprocal conditions.
- Children under 12 do not need to present test.
- All passengers need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at <https://portugalcleanandsafe.pt/en/passenger-locator-card>

**LIMITED**

India, Nepal, and South Africa (Only essential travel)

- RT-PCR Test (or similar NAAT test) - 72h before boarding, or
- Rapid Antigen Test - 48h before boarding, or
- Need to comply with quarantine of 14 days after arrival in Portugal;
- Children under 12 don't need to present test.
- All passengers need to fill a Passenger Locator Card (individually) before departure to Portugal or on board at <https://portugalcleanandsafe.pt/en/passenger-locator-card>

### 2) Arriving to Portugal by Road

No restrictions of entrance, except for citizens coming from India, Nepal, and South Africa in the last 14 days, only for essential travel:

- Must comply 14-day quarantine period at home or at a place indicated by the health authorities;
- Must register before entering the country at <https://travel.sef.pt>







### 3) Arriving to Portugal by Train

No restrictions of entrance except for citizens coming from India, Nepal, and South Africa in the last 14 days, only for essential travel:

- Must comply 14-day quarantine period at home or at a place indicated by the health authorities;
- Must register before entering the country at <https://travel.sef.pt>

### 4) Arriving to Portugal by Sea

Same rules as arriving by air apply.

### GENERAL RULES

- Restaurants, cafés, and pastry shops with no restrictions on opening and closing hours until 2 am. Limited to groups of 8 people inside and 15 people on the terrace;
- Bars with the same rules as restaurants;
- Shops and shopping centres are open, without time restrictions;
- Cultural facilities with 75% of the capacity;
- Outdoor events possible with specific rules (check the event website for more info);
- Amateur sports and training events possible with specific rules (check the event website for more info);
- Alcoholic beverages sale is prohibited in service areas or gas stations;
- The consumption of alcoholic beverages in outdoor spaces and on public roads is prohibited;
- Accommodation has been adopting the “Clean & Safe”, which allows the identification of establishments and services that have implemented enhanced hygiene and safety measures. More info at [www.portugalcleanandsafe.com](http://www.portugalcleanandsafe.com).

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- Bars with the same rules as restaurants;
- Shops and shopping centers are open, without time restrictions;
- Cultural facilities with 75% of the capacity;
- Outdoor events possible with specific rules (check the event website for more info);
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- The consumption of alcoholic beverages in outdoor spaces and on public roads is prohibited;
- Accommodation has been adopting the “Clean & Safe”, which allows the identification of establishments and services that have implemented enhanced hygiene and safety measures. More info at [www.portugalcleanandsafe.com](http://www.portugalcleanandsafe.com).

**It is mandatory to present EU COVID Digital Certificate or a negative test\* in:**

- Tourist accommodation, upon check-in (where in the case of tourists from the United Kingdom it is also acceptable to present a proof of complete vaccination recognized for the purpose of entering our country <https://covid19estamoson.gov.pt>);
- Meal service inside the restaurants, on Fridays from 7 pm, at weekends and on public holidays;
- Thermal baths and spas;
- Casinos and bingos;
- Group classes in gyms;
- Cultural and sporting events with over 1000 people, outdoors, or over 500 people, indoors;





**\* The types of tests allowed are:**

- RT-PCR carried out within 72 hours prior to submission;
- Antigen test with laboratory report, carried out within 48 hours prior to its submission;
- Rapid antigen test using the self-test method, carried out within the 24 hours prior to submission in the presence of a health or pharmaceutical professional who certifies its performance and result;
- Rapid self-test antigen test carried out on the spot, at the door of the establishment to be visited, under the supervision of the persons in charge of these premises.

Children under 12 years old accompanied by an adult are exempt of testing requirements and are free to access places or establishments, to participate in events and to travel in the country.

## BEHAVIOR RULES

### General behaviour guidelines

- Social distancing;
- Frequent hand washing;
- Mandatory use of mask in closed spaces and recommended outdoors when distance between people cannot be ensured;
- Respiratory etiquette.

## ADDITIONAL INFORMATION

### Essential Travel definition

“Essential travel” is defined as trips allowing the transit, entry into and departure from Portugal for professional purposes, study, family reunions, health and humanitarian reasons and under the reciprocity principle.

### Tests

- Controls might be undertaken upon arrival to airport;
- The test result must include:
  - type of test taken;
  - passenger name (as per passport);
  - date of birth;
  - clear identification of the laboratory including the certification;
  - the date and time the sample was collected and the explicit negative test result;
  - SMS is not a valid format
- Passengers who present tests that do not comply with the requirements must undergo a new test on arrival, before entering Portuguese territory, at their own expense, and must wait in a designated place, inside the airport, until the result is notified.
- If you are a foreigner visitor and want to do the test for Covid-19 shortly after arrival, before departure or at any time in Portugal you can do it:
  - at the Airport. Information at <https://www.ana.pt/en/corporate/ana/faq>;
  - in a laboratory approved by the Portuguese Health General Directorate. Find the list at <https://covid19.min-saude.pt/infoadrpcc/>;
  - in one of the hospitals and clinics included in the Portugal Health Passport that can provide you personalized support in your language.The test for Covid-19 must be scheduled with a consultation and the results will be available in up to 72 hours. More information is available at [test.covid19@portugalhealthpassport.com](mailto:test.covid19@portugalhealthpassport.com);

### Quarantine

Quarantine does not apply to:





Passengers traveling on essential trips and whose period of stay in national territory, attested by a return ticket, does not exceed 48 hours;

**Passengers traveling exclusively to participate in international professional competitions, listed in Annex IV of the official governmental document Despacho n° 7374-E/2021 (in Portuguese);**

**NOTE: The organization applied to the government for the inclusion of EY Cup Soure in the list of competitions included in this document. We have not yet any answer to our request.**

#### EU Digital COVID Certificate

The EU Digital COVID Certificate, accepted from 1 July at European border services, will facilitate free movement of citizens during the COVID-19 pandemic. It is a digital proof that a person:

- Has been vaccinated against COVID-19, or
- Has received a negative test result (NAAT test or Rapid Antigen test), or
- Has recovered from COVID-19.

\* Children under 12 years old are exempt of presenting the EU Digital COVID Certificate or testing requirements

\* Young people (under 18) do not need to comply with 14 days of isolation when accompanying adults have proof of complete vaccination

Actualized information can be seen at:

<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

and

<https://reopen.europa.eu/pt>





## EVENT ORGANIZER SPONSORS

### PRESENTING PARTNER



### HOST PARTNER



### MAIN PARTNERS



### HOLDS SUPPLIER



IFSC EUROPE – EUROPEAN YOUTH CUP - BOULDER

2021





## \*INFORMATION FOR VISA

(Adjust depending on needs)

First Name	Last Name	Birth Date	Place of birth	Nationality	Passport Number	Expiration date	Address	Phone number / email	Occupation	Place of visa application

Please don't forget to attach a scanned passport copy

Address where to send the invitation(s):

