



2022 IFSC EUROPE

EUROPEAN YOUTH CUP BOULDER



SOURÉ, PORTUGAL

23/24 APRIL 2022

ORGANISED BY:





ORGANIZATION

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

Host Federation: FPME

Mr. Carlos Gomes

Phone: +351 936 626 048

Mail: carlos.gomes@fpme.org

Organizing Club: NESoure

Mr. Alberto Cruz

Phone: +351 966 142 879

Mail: 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](http://www.ifsc-climbing.org), 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).

AGE CATEGORIES:

Juniors 2003 - 2004

Youth A 2005 - 2006

Youth B 2007 - 2008

REGISTRATION

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

Registration Deadline: Monday, 11 th of April 2022,

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).

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.

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 +491 762 313 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 28th March and send it to: 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.

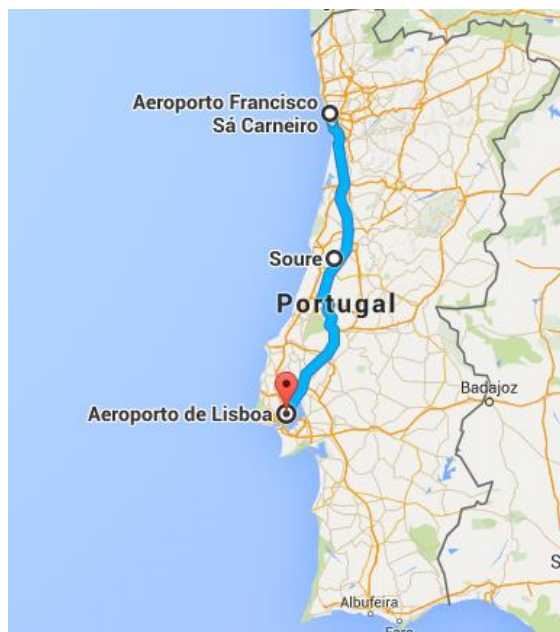
TRAVEL DETAILS

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 Altnner (GER)

Jury President Assistance:

Pedro Matos (POR)

Result Service: Luís Belo (POR)

Covid-19 Delegate: Renato Pinheiro (POR)

Chief Route Setter:

Sérgio Verdasco (ESP)

Route Setters:

João Évora, João Sabugueiro, Filipe Carvalho,

Luka Muzar

Route Setter Exchange Program:

Nataleigh Bell

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: 5 Boulders/4 Minutes (preparation time 15 seconds); Flash-Mode (All boulders will be presented to the athletes by video)

Finals: 4 Boulders/4 minutes (preparation time 15 seconds); Quota: 10/category.

2022



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 EYCup. 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	1	11	111	1111	2pax	3pax	4pax	12pax
Soure from 10 to 14 km to the venue												
****	Palace Hotel & SPA Termas do Bicanho	T+351 239580020	geral@termasdobicanho.com	http://www.termasdobicanho.com	57.5	67.5	82.5					
Rural House	Quinta de S. João, Poios	T+351 96 4763150	marinelasousa@sapo.pt	http://www.quintasaojoao.com.pt/					22€ 12 person/night			
Montemor-o-Velho 12Km km to the venue												
***	Quinta d'Anta- Hotel Rural Maiorca	T+351 233937000 +351 964994 515	nuno.carvalho@portugalonwater.pt hotel@quintadanta.pt	http://www.quintadanta.pt	70	80	110					
Pombal 17 km to the venue												
***	Cardal Hotel	+351 236 200 220	info@cardalhotel.com	www.cardalhotel.com	40	45	60	75				
**	Senhora de Belém Hotel	T+351 236200800	hotel@senhoradebelem.com	http://www.belemhotel.pt/	38	55	68					
	Acquavilla AG	T+351 936 403 041	reservas.acquavilla@gmail.com	www.acquavillahouse.com		68	85	85				
Coimbra 29 km to the venue												
***	Hotel D. Luis	T+351 239 802 120	reservas@hoteldluis.pt	anapaula.santana@hoteldluis.pt	56.8	67.8	78.8					
	Hotel Ibis	Tel: +351 239852130	carlos.correia@accor.com	https://all.accor.com/hotel/1672/index.pt.shtml	59	67						
***	Hotel D. Inês	+351 239 855 800	reservas@donaines.pt	www.donaines.pt		125						
	Stay Hotels	T+351 239 855 500	coimbra@stayhotels.pt	https://www.stayhotels.pt/coimbra-centro/		65	90					
****	Tivoli Coimbra City Center Hotel	+351 239 858 300	groups.coimbra@tivoli-hotels.com	www.tivolihotels.com	78	88	118					
Figueira da foz 36 km to the venue												
****	Universal Boutique Hotel	T+351 233 090 110	reservas@universalboutiquehotel.pt	www.universalboutiquehotel.pt	68	83	118					
****	Hotel Mercure Figueira Foz	T+351 233 403 900	h1 921 @accor.com	www.mercure.com	69	78						
***	Hotel Wellington	+351 233 426 767	reservas@exewellington.com	https://www.eurostarshotels.com.pt/exe-wellington.html	55	60	90					
***	Hotel Ibis Figueira da Foz	T+351 233 408 190	h2104@accor.com	www.ibishotel.com	52	59						
**	Hotel Avis	T+351 233 422 635	hotel-avis@hotmail.com		27	35	47					

Please book your rooms directly with the hotels/hostels and mention your team will participate in the EYCup - 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

Wednesday, April 13rd - Registration

14:00 (CET) - TECHNICAL MEETING: There will be an Online Technical Meeting on Wednesday, Link to the meeting [HERE](#).

Friday, April 22nd - Registration
[Soure City Hall \(www.cm-soure.pt\)](http://www.cm-soure.pt)

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

Saturday, April 23rd - 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, April 24th - 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 Wednesday, 13th of April 2pm (CET) primarily to discuss the Covid-19 regulations. Link to the meeting [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:

- 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 or English.

All tests and certificates have to be sent to testcovid@fpme.org at last 4h before the registration.

HOW TO TRAVEL TO PORTUGAL:

The following information was written on **April 11th**, according to the Covid-19 restrictions valid at this time. If the travel restrictions change, the information will be updated as soon as possible.

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 AIR TRAFFIC

- Flights to and from European Union countries or a State associated with the Schengen Area (Liechtenstein, Norway, Iceland and Switzerland), Angola, Brazil, Cape Verde, Canada, United States of America, Guinea-Bissau, Mozambique, United Kingdom and Sao Tome and Principe;
- Flights from Saudi Arabia, Bahrain, Chile, Colombia, Indonesia, Kuwait, New Zealand, Peru, People's Republic of China, Qatar, Rwanda, Saudi Arabia, South Korea, United Arab Emirates, and Uruguay, as well as Taiwan and the administrative regions of Hong Kong and Macau.

Flights to and from countries not mentioned are allowed exclusively for "essential travel", i.e. to allow the entry into Portugal of citizens travelling for professional, study and family reunion purposes, and for health or humanitarian reasons.

Travel, for any reason, to Portugal is also allowed by travellers with an EU COVID Digital Certificate - vaccination or recovery modes - or a digital certificate recognized by the European Commission, with a complete vaccination schedule, for more than 14 and less than 270 days, or with a vaccine booster.

Mandatory to present

- A valid vaccination [EU Digital COVID Certificate](#) (with a complete vaccination schedule or with a complete vaccination schedule and a vaccine booster);
- Or a valid test or recovery EU Digital COVID Certificate,
- Or a valid vaccination certificate (with a complete vaccination schedule or a vaccine booster) or recovery certificate issued by a third country, under reciprocal conditions
- Or a negative RT-PCR Test (or similar NAAT test) - 72h before boarding,
- Or a negative Laboratorial Rapid Antigen Test- 24h before boarding (according to the [European Commission list](#))

Accepted vaccination certificates issued by third countries under reciprocal conditions: Albania, Andorra, Armenia, Benin, Cabo Verde, Colombia, El Salvador, Faroe Islands, Georgia, Israel, Iceland, Jordan, Lebanon, Liechtenstein, Malaysia, Moldova, Monaco, Montenegro, Morocco, New Zealand, North Macedonia, Norway, Panama, San Marino, Serbia, Singapore, Switzerland, Taiwan, Thailand, Tunisia, Togo, Turkey, Ukraine, United Arab Emirates, United Kingdom and the Crown Dependencies (Jersey, Guernsey and the Isle of Man), Uruguay, The Vatican (<https://ec.europa.eu/info/live-work-travel-eu/coronavirus-response/safe-covid-19-vaccines-europeans/eu-digital-covid-certificate-en>),

Accepted vaccines authorized by the European Medicines Agency - Comirnaty (BioNTech and Pfizer), Nuvaxovid (Novavax), Spikevax (Moderna), Vaxzevria (AstraZeneca), COVID-19 Vaccine Janssen (<https://www.ema.europa.eu/en/human-regulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/covid-19-vaccines>) - and Sinopharm (Vero Cell), Sinovac (Coronavac), Bharat Biotech International (Covaxin).

Vaccination certificates are accepted if they consider one of the vaccines approved in Portugal and according to the terms that you can consult in " ADDITIONAL INFORMATION / Vaccination" at pages 9 and 10.

- Children under 12 do not need to present certificate or test.
- It is mandatory for all passengers bound for mainland Portugal or in transit/transfer (including from Madeira and Azores) to fill online a Passenger Locator Form (individually) at <https://portugalclearandsafe.pt/en/passenger-locator-card>, after check-in and before departure time. The QR Code generated when filling out the PLF can be presented in paper or digital format, without which boarding will be denied.

2) Arriving to Portugal by Land

It is mandatory to present the EU COVID Digital Certificate. Citizens who are not holders of the Digital Covid EU certificate in vaccination, test, or recovery modalities, will have to present proof of a negative RT-PCR test (TAAN), performed in the last 72 hours, or rapid antigen test (TRAg), performed in the last 24h.

In the case of travel by land, each traveller must obtain information about the measures and restrictions existing in each one of the countries of transit, directly with their authorities.

3) Arriving to Portugal by Sea

Same rules as arriving by air apply.

All passengers need to fill online a Passenger Locator Form (individually) at <https://portugalcleanandsafe.pt/en/passenger-locator-maritime-card>, within 96 hours prior to the estimated time of arrival in mainland Portugal. The QR Code generated when filling out the PLF can be presented in paper or digital form.

GENERAL RULES

Mandatory mask in closed spaces:

Access without restriction to accommodation, restaurants, events, bars and clubs and other public spaces/services.

The obligation to present a certificate or test was eliminated, except at border control, where the restrictions are maintained.

Mandatory negative test or recovery certificate, except for those who have already been vaccinated with a booster dose of the vaccine for at least 14 days, only when visiting care and nursing homes and health facilities.

BEHAVIOR RULES

General behaviour guidelines

- Social distancing;
- Frequent hand washing;
- Respiratory etiquette.

Mandatory use of mask

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

a. Controls might be undertaken upon arrival to airport:

b. 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

c. 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.

d. 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/infoadmpcc>;
- 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;

Vaccination

The vaccination schedule is considered complete after taking:

a) From a single-dose vaccine, for vaccines with a one-dose vaccine schedule;

- b) The second dose of a vaccine against COVID-19 with a two-dose vaccine schedule, even if doses of two different vaccines have been administered; or
- c) A single dose of a vaccine against COVID-19 with a two-dose vaccination schedule for people who have recovered from the disease, if it is indicated in the vaccination certificate that the vaccination schedule was completed after administration of one dose.

The vaccination schedule is complete 14 days after the last dose has been taken.

Accepted vaccines authorized by the European Medicines Agency - Comirnaty (BioNTech and Pfizer), Nuvaxovid (Novavax), Spikevax (Moderna), Vaxzevria (AstraZeneca), COVID-19 Vaccine Janssen (<https://www.ema.europa.eu/en/human-regulatory/overview/public-health-threats/coronavirus-disease-covid-19/treatments-vaccines/covid-19-vaccines>) - and Sinopharm (Vero Cell), Sinovac (Coronavac), Bharat Biotech International (Covaxin).

Vaccines accepted in Madeira Islands: Astrazeneca, Pfizer, Moderna, Johnson & Johnson/Janssen, Sinovac/Instituto Buntantan, Instituto Gambaleya (Sputnik V) and Sinopharm (VeroCell)

EU Digital COVID Certificate

The EU Digital COVID Certificate 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
- * It is valid for 270 days since the last dose has been taken, in a complete vaccination schedule.

Certificates issued by third countries, under reciprocal conditions

Vaccination certificates must include:

- Given name(s) and surname(s) of the holder;
- Date of birth;
- Disease or agent targeted: COVID-19 (SARS-CoV-2 or one of its variants);
- Vaccine against COVID-19 or prophylaxis;
- Name of the vaccine against COVID-19;
- Marketing authorization holder or manufacturer of the vaccine against COVID-19;
- Number in a series of doses as well as the total number of doses in the series;
- Date of vaccination, indicating the date of the last dose administered;
- Member State or third country where the vaccine was administered;
- Entity issuing the certificate.

Recovery certificates must include:

- Given name(s) and surname(s) of the holder;
- Date of birth;
- Disease or agent from which the holder recovered: COVID-19 (SARS-CoV-2 or one of its variants);
- Date of the first positive result of the diagnostic test;
- Member State or third country in which the diagnostic test was performed;
- Entity issuing the certificate;
- Valid certificate

Non-reciprocity in the recognition by third countries of the validity of the EU COVID Digital Certificate issued by Portugal, in the modalities of vaccination or recovery certificates, prevents the recognition of the validity of certificates issued by these third countries.

Actualized information can be seen at:



<https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>
<https://reopen.europa.eu/pt>
<https://www.traveldoc.aero/>

IFSC EUROPE – EUROPEAN YOUTH CUP - BOULDER

2022



EVENT ORGANIZER SPONSORS

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HOST PARTNER

MUNICÍPIO
DE SOURE



MAIN PARTNERS



Clube Montanha da Figueira da Foz



FUNDAÇÃO CEBI



HOLDS SUPPLIER



*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):