



PORTO 2026

ATHLETE & FAMILY WELCOME GUIDE

18–23 AUGUST 2026 • PORTO, PORTUGAL

WELCOME TO PORTO. WELCOME TO WORLD CHAMPS.

109 athletes • 21 countries • One global freestyle trampoline community

Save this guide to your phone before event week.

Schedules may change. Official WhatsApp and on-site updates always take priority.

WELCOME TO PORTO 2026

Everything athletes and families need for World Champs week.

We are so excited to welcome you to Porto for the 2026 FTA Freestyle Trampoline World Championships! This week is about world-class competition, but it is also about our global community — meeting new people, representing your country, exploring Porto and making memories together.

Please read through this guide before arriving and keep it saved on your phone throughout the event. It includes the important information you will need for the hotel, venue, athlete check-in, training, competition, safety, Porto and event contacts.

★ READ THIS FIRST

1) Save this guide offline. 2) Join/check the official World Champs WhatsApp group. 3) Check your training group and competition order of go. 4) Arrive early for every athlete call. 5) Bring a reusable water bottle — single-use plastic water bottles are not permitted inside the venue. 6) All times in this guide are PORTO LOCAL TIME.

World Champs at a Glance • Your World Champs Week

FTA WORLD CHAMPIONSHIPS 2026 OVERVIEW SCHEDULE							
as of Aug 2, 2026							
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Date	August 18, 2026	August 19, 2026	August 20, 2026	August 21, 2026	August 22, 2026	August 23, 2026	Date
	ATHLETE TRAINING DAY	ATHLETE TRAINING DAY	COMPETITION DAY 1	COMPETITION DAY 2	COMPETITION DAY 3	PUBLIC FAN DAY	
TIME	Public Gates Open 12:00	Public Gates Open 12:00	Public Gates Open 10:00	Public Gates Open 10:00	Public Gates Open 10:00	Public Gates Open 10:00	TIME
8:00							
8:30	Athlete Registration Opens	Athlete Registration Opens	Athlete Registration Opens	Athlete Gate Opens	Athlete Gate Opens		8:30
9:00	ACON GROUP 1 Training	ACON GROUP 1 Training	MEN WARM-UP GROUP A 3 MINS PER ATHLETE	MEN SEMI-FINALISTS TOP 20 TRAINING	OPEN TRAINING ALL FINALISTS		9:00
9:30							9:30
10:00			MEN'S PRELIM GROUP A			OPEN MEET-UP ALL ATHLETES OPTIONAL FTA CLINIC	10:00
10:30							10:30
11:00	BERG GROUP 2 Training	BERG GROUP 2 Training		JUNIORS Training			11:00
11:30							11:30
12:00			JUNIORS Training				12:00
12:30							12:30
13:00	WOMEN - GROUP 6 Training	JUNIORS GROUP 3 Training	MEN WARM-UP GROUP B 3 MINS PER ATHLETE	WOMEN Training			13:00
13:30					ATHLETE MEETING - ALL FINALISTS		13:30
14:00			MEN'S PRELIM GROUP B		ATHLETE INTERVIEWS FINALISTS		14:00
14:30							14:30
15:00	MEN GROUP 4 Training	WOMEN - GROUP 6 Training		JUNIOR'S PRELIM ROUND	INTRODUCTIONS		15:00
15:30					SPECIAL AWARDS	Public Gates CLOSE 16:00	15:30
16:00			WOMEN Training		COMPETITION FINALS		16:00
16:30					JUNIOR FINALS		16:30
17:00	JUNIORS GROUP 3 Training	GROUP 5 Training	MEN WARM-UP GROUP C 3 MINS PER ATHLETE	WOMEN'S PRELIM ROUND	WOMEN'S FINALS		17:00
17:30					MEN'S FINALS		17:30
18:00	Public Gates CLOSE 18:00	Public Gates CLOSE 18:00	MEN'S PRELIM GROUP C	JUDGES BREAK			18:00
18:30				MEN'S SEMI-FINALS			18:30
19:00	MEN GROUP 5 Training	GROUP 4 Training			AWARDS CEREMONY		19:00
19:30					Public Gates CLOSE 19:30		19:30
20:00							20:00
20:30			Public Gates CLOSE 20:30	Public Gates CLOSE 20:30			20:30
21:00	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	21:00

OFFICIAL HOTEL & ARRIVAL

OFFICIAL WORLD CHAMPS HOTEL

Moov Matosinhos Sul

Avenida da República, 184
4450-241 Matosinhos, Portugal

FTA group rooms include breakfast. Check-in is from 15:00 and check-out is by 11:00. Reception is open 24 hours. This new hotel is beside Lidl and McDonald's, approximately 7 minutes on foot from the World Championships venue and about 2 minutes from Matosinhos Beach.



SCAN FOR MAP

Where to stay, what to know at check-in, and how to get settled.

Hotel Check-In

- Check-in is from 15:00 and check-out is by noon. The front desk is open 24 hours, including for late arrivals.
- Have the lead guest's photo ID and your reservation name/confirmation available when checking in.
- Any personal incidentals or charges outside the FTA group booking are the responsibility of the guest.
- If your room dates or guest names are incorrect, contact the hotel/FTA as soon as possible — do not wait until competition day.
- Breakfast is included for the FTA group. [CONFIRM/INSERT FINAL BREAKFAST HOURS IF YOU WANT THEM SHOWN.]

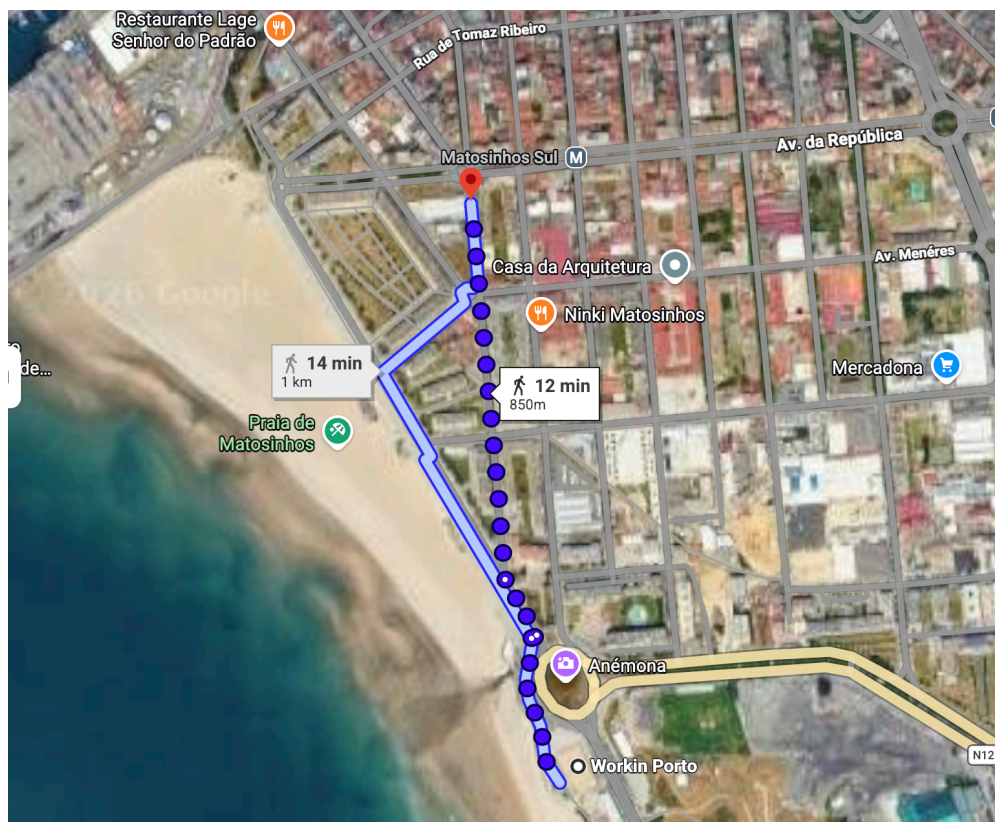
Arriving from Porto Airport

- Uber / Bolt: easiest option when travelling with luggage or equipment and inexpensive in Porto.
- Public transport: Metro connections are available toward Matosinhos; check the current Metro do Porto route when you land.
- Late flight? No problem — reception is open 24 hours, so you can check in whenever you arrive.

MAP FROM MOOV HOTEL TO VENUE - WALKING

*Know where to
first training*

*go before your
session.*







PORTO BEACH FTA WORLD CHAMPIONSHIPS

Via do Castelo do Queijo
4100 Porto, Portugal

Beachside venue in the Foz / Matosinhos area, near Castelo do Queijo and SEA LIFE Porto. !



SCAN FOR MAP

ATHLETE CHECK-IN & ACCREDITATION

Do this before your first official training session.

When You Arrive at the Venue

1. Go to **ATHLETE REGISTRATION / ACCREDITATION ROOM** ~ inside venue, check in at front entrance with security first.
2. Confirm your name, division, country and membership/registration status.
3. Collect your athlete wristband / accreditation and official World Championships competition shirt or athlete package. For late entries, you may not receive an athlete package.
4. Check Official Notice Board - confirm your training group and competition order of go.
5. Make sure the event team has a current emergency contact for you.
6. Ask questions NOW if something does not match the schedule — do not wait until your competition call.

Accreditation Rules

- Wear/keep your athlete wristband or accreditation with you whenever you enter athlete-only areas.
- Do not lend credentials or wristbands to another person.
- Parents/family members may not enter restricted athlete, judges, media or production areas unless they have the correct accreditation.
- Lost accreditation: report to Registration/Information immediately.

Schedule Updates

- www.FTAWorldChamps.com/registration
- This guide shows the planned schedule.
- Any official changes communicated through the World Champs WhatsApp group, venue announcements or the registration desk supersede an older PDF or screenshot.

MASTER WEEK SCHEDULE

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21:00	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	ALL GATES CLOSE	21:00

Key Reminders

- Training groups are controlled sessions. Athletes will be asked to leave the stage when their group finishes so the next group can begin on time.
- Arrive at least 10 minutes before your scheduled training time.
- COMPETITION CALL TIME: 20 MINUTES BEFORE SCHEDULE START TIME ALL ATHLETES COMPETING MUST BE AT THE ATHLETE TENT ENTRANCE READY TO GO!!

TRAINING GROUPS & TRAINING SCHEDULE

Find your name before you arrive.

Please find all information on training groups and scheduling here:

www.FTAWorldChamps.com/registration

! ATHLETES

Know your group, your start time and the athlete entrance location before you leave the hotel. If you are late, we cannot guarantee additional training time.

THURSDAY – SENIOR MEN PRELIMINARY ROUND

Competition Day 1

► HOW THURSDAY WORKS

Senior Men compete in preliminary groups. Each group has a scheduled warm-up and competition start. Be in the athlete area before your call time and listen for announcements.

Before You Compete

- **READ THE RULES!!**
- Wear your official World Championships shirt when called to the competition stage.
- Stay in the athlete area once your group is called so staff can keep the competition on schedule.
- If you are injured or unable to compete, tell the athlete liaison - Sagi or Alex/medical team immediately.

FRIDAY – COMPETITION ORDER OF GO

Junior + Women preliminary rounds • Senior Men semi-finals

★ FRIDAY FLOW

Friday includes Junior and Women preliminary rounds followed by the Senior Men semifinal. Check your exact order of go and athlete call time below.

SATURDAY FINALS & SCORING

The biggest session of the week.

Planned Finals Field

JUNIORS Top 5 advance to the World Championship Final.	WOMEN Top 5 advance to the World Championship Final.
SENIOR MEN Top 8 advance to the World Championship Final.	AWARDS Finals are followed by the World Championship awards ceremony and media.

What Judges Are Looking For

- **Difficulty** – the technical challenge and value of the skills performed.
- **Execution / Performance** – control, quality, landings and overall performance.
- **Creativity** – originality, variety, combinations and freestyle expression.

Score Questions / Inquiries

- Scores are initially provisional. If an athlete believes a score requires formal review, speak to the designated athlete liaison / Head Judge promptly.
- The current inquiry window is 30 minutes after the score is published. Do not approach individual judges during competition.

COMPETITION CLOTHING & WHAT TO BRING

Official Competition Clothing

! OFFICIAL WORLD CHAMPS SHIRT REQUIRED

All athletes must wear the official World Championships shirt while competing on the main stage, during official broadcast/media interviews, ceremonies and formal World Championships presentations. Training times and non-media interviews, athletes are permitted to wear sponsor clothing. Inappropriate clothing will NOT be allowed. **See World Champs Rules & Regulations*

- Approved personal sponsor branding may be worn on permitted hats, shorts, and socks - subject to FTA rules.
- Personal/team shirts do not replace the official World Championships competition shirt on stage.

Athlete Packing Checklist

- ☐ Official World Championships shirt
- ☐ Competition shorts
- ☐ Grip socks or bare feet (not normal street socks)
- ☐ Training clothes
- ☐ Reusable water bottle — **NO single-use plastic water bottles inside the venue**
- ☐ Sunscreen
- ☐ Hat / sunglasses
- ☐ Towel
- ☐ Light jacket / windbreaker for evenings
- ☐ Personal medication
- ☐ Phone + charger / power bank
- ☐ Photo ID
- ☐ Small backpack
- ☐ Healthy snacks if needed and permitted in athlete areas
- ☐ Comfortable shoes / sandals for walking on sand

★ BIG FRED'S PORTO SURVIVAL RULE

Beach + sun + flipping = hydrate before you think you need to. Freddy says this is the one time BiG Fred should not wait until lunch.

SAFETY, MEDICAL & WEATHER

Safety decisions always take priority over the timetable.

On-Site Medical

- Professional medical coverage is scheduled during official athlete training and competition periods.
- The medical / first aid location will be clearly marked on the final venue map.
- If you are injured, feel unwell or are concerned about another athlete, tell an FTA staff member or medical team immediately.
- Do not return to training/competition against medical or event-official instructions.

Outdoor Venue & Weather

- World Champs is outdoors beside the Atlantic Ocean. Wind, heat, rain or other weather may require schedule adjustments.
- FTA / venue officials may pause or close the competition trampoline when conditions are unsafe.
- Never use the competition trampoline when the stage is closed, unattended or awaiting a weather/safety inspection.
- Use sunscreen, hydrate regularly and bring a light layer for cooler/windier evenings.

! EMERGENCY NUMBER IN PORTUGAL

112 — Police • Fire • Ambulance. For an event-related issue that is not an emergency, go to the on-site medical/registration team first.

FOOD, WATER & ATHLETE CHILL ZONES

Recover, refuel and look after yourself between sessions.

Water

- Bring a reusable bottle every day. There is a public water tap with safe, drinkable Porto City water just outside the Registration Room.
- Single-use plastic water bottles are not permitted inside the venue.
- A drinking-water refill point will be available on site — see the final venue map.

Athlete Chill Zone

- The Athlete Chill Zone is a dedicated athlete space for rest and recovery between sessions.
- Please keep the area tidy and respect any athlete-only access rules.
- Do not leave valuables unattended. You may leave valuables locked in the FTA office, located beside the Registration room.

Food

- Breakfast is included for the FTA hotel group at the Moov Hotel.
- Food and beverage options will be available in/around the venue area. Athletes with specific dietary needs should plan ahead and carry appropriate permitted snacks.
- Porto Beach is known for excellent seafood and has many restaurants within walking distance of the hotel/beach area.

PARENTS & FAMILIES GUIDE

You are a huge part of World Champs week — here is how to make it easy for everyone.

Helping Your Athlete

- Know your athlete's training group, competition order of go and call time.
- Help them arrive early — once a session starts, the schedule cannot simply be moved for a late athlete.
- Athletes should enter through the athlete entrance and remain in the designated athlete area when called.

- Please do not enter restricted athlete, judges, media, production or stage areas unless properly accredited.
- Do not approach judges about scores. Any formal inquiry follows the athlete/Head Judge process.
- Choose a family meeting point in advance so athletes are not searching for parents after competition.

Watching the Competition

- Follow public entrance, seating and VIP instructions shown on the venue map.
- Keep aisles, stairs and emergency access routes clear.
- Cheer loudly, support athletes from every country, and help us create an amazing World Championships atmosphere!

★ FAMILY TIP

If you have a question and do not know who to ask, start at the Registration / Information desk rather than messaging multiple departments. We will point you to the right person.

GETTING AROUND PORTO

Porto is very easy to explore with a little planning.

Useful Transport Options

- Walking – best around the hotel, beach, venue and many Porto neighbourhoods. Central Porto is hilly and has cobblestones, so wear comfortable shoes.
- Metro – useful for travelling inside central Porto. Check current Metro do Porto / Andante routing before travelling.
- Uber / Bolt / Taxi – useful for airport transfers, late nights and groups travelling with luggage.
- Public buses – serve the waterfront and city centre; use live journey planning for current routes and times.

Important Travel Notes

- All event schedules use PORTO LOCAL TIME.
- Portugal uses the Euro (€).
- Portugal uses European electrical sockets (Type C/F, 230V). North American visitors should bring a suitable plug adapter and check device voltage compatibility.
- Country calling code: +351.
- Keep passports and valuables secure when sightseeing and in crowded tourist areas.

THINGS TO DO IN PORTO

Get off the competition beach for a few hours and experience the city!

Close to the Hotel & Venue

Porto Beach — A huge Atlantic beach right beside the hotel area — easy for a walk, sunset or downtime.

Parque da Cidade — Porto's enormous seaside city park — great for a relaxed family walk or recovery day.

SEA LIFE Porto — Family-friendly aquarium beside the Castelo do Queijo / venue area.

Foz do Douro — Walk the oceanfront promenade, cafés and beaches where the Douro meets the Atlantic.

Porto Classics

Ribeira — Explore the colourful UNESCO-listed riverfront and walk along the Douro.

Dom Luís I Bridge — One of Porto's iconic views — cross the upper deck for incredible city and river photos.

Mercado do Bolhão — A restored historic market with local food, produce, shops and restaurants.

São Bento Station — Famous for its beautiful azulejo tile panels and central location.

Clérigos + Livraria Lello — Two of the city centre's best-known landmarks; book ahead if you plan to visit Livraria Lello.

Douro River Cruise — An easy family activity and a great way to see Porto and Gaia from the water.

Eat Something Portuguese

- Pastel de nata
- Francesinha
- Fresh grilled fish / seafood
- Portuguese pastries and espresso
- Port wine experience for adults (18+)

Easy Mini-Itineraries

2 HOURS

Stay local: Porto Beach → Castelo do Queijo → Foz waterfront → back to the hotel.

HALF DAY

Metro/taxi into central Porto → Bolhão Market → São Bento → walk down to Ribeira → Dom Luís I Bridge.

FULL DAY

Historic centre in the morning → Ribeira / Gaia at lunch → river cruise or Serralves / Parque da Cidade → sunset on the Atlantic.

PORTO CHEAT SHEET

PORTUGUESE	ENGLISH
Olá	Hello
Bom dia	Good morning
Boa tarde	Good afternoon
Boa noite	Good evening / good night
Por favor	Please
Obrigado / Obrigada	Thank you (male / female speaker)
Desculpe	Excuse me / sorry
Onde fica...?	Where is...?
Uma água, por favor	A water, please
A conta, por favor	The bill, please
Fala inglês?	Do you speak English?
Vamos!	Let's go!

SOCIAL MEDIA, LIVESTREAM & CONTACTS

Share Your World Champs

- Official Instagram: [@FTAWorldChampionships](#)
- Tag the FTA in your Porto, training, competition and family content so we can reshare it.
- Suggested hashtags: #FTAWorldChamps #Porto2026 #FreestyleTrampoline
- Athletes should expect official photography, video, interviews and livestream/broadcast coverage during World Champs.

SEE YOU ON THE BEACH!