

RULES FOR THE TOURNAMENT

The rules applied to Maia Handball Cup 2026 - 22nd International Tournament are the ones used by the Portuguese Handball Federation based on the IHF. However, the following rules will be applied to this event.

Age categories female (F) and male (M) for the competition

F/M 10 - born in 2016 or after

F/M 12 - born in 2014 or after

F/M 14 - born in 2012 or after

F/M 16 - born in 2010 or after

F/M 18 - born in 2008 or after

M 20 - born in 2006 or after

F seniors - born in 2007 or before

M seniors - born in 2005 or before

F and M Veterans/Masters - Rules of Portuguese Handball Federation - 1990

National Teams - If the number of selections is big enough, the organisation of Maia Handball Cup 2026 will create a special competitive board for these participants.

Duration of the matches

Categories *F/M 10* - 2x15 minutes

Categories *F/M 12* - 2x20 minutes

Categories *F/M 14* - 2x20 minutes

Categories *F/M 16* - 2x20 minutes

Categories *F/M 18* - 2x20 minutes

Categories *M 20* - 2x20 minutes

Categories *F and M seniors* - 2x25 minutes

Categories *F and M veterans/masters* - 2x20 minutes

In all categories, there is a 5-minute break.

Matches Places

The matches will take place in Maia:

- 12 indoors activities gym halls
- 8 artificial grass pitches
- 10 open air pitches

Competition System

1. Maia Handball Cup 2026 will be during **eight days, from the 4th to the 11st July 2026**. According to the number of applicants, the teams will be divided in competition groups, by categories. According to the number of groups per category, the tournament will be played in one or two phases.

2. In each category, there will be groups of maximum six teams. They will all play against each other in the first round; the classification for the first phase of the competition will be established. In the second round, the 1st and the 2nd teams from the previous groups will then take part in a first group; the 3rd and the 4th team will take part in the intermediate group; the 5th and the 6th teams will take part in the last group. Knockout matches the teams will play in the following way: 1st and 2nd; 3rd and 4th; 5th and 6th from the different groups in the first round. Later, the winners teams will play against the loses teams till the final classification is reached. The matches for the final selection of the 1st and 2nd teams and of the 3rd and 4th teams in the second round will be named **Final A** and **Final B**

3. If there is a category with only 6 applicant teams, they will play in the system of all against one, in only round. The final classification from the 1st till the 6th will be decided through this round.

4. Any match from the 2nd round, eighth, quarterfinals, semi-finals and finals (according to number of inscriptions), will decide the winners and the loses teams in a single match.

5. Each team has the right to have one time out during each part of the match.

6. The match is free in any age category.

7. The players can play in an age category above their own, as long as they are part of the participants list presented during the check-in.

8. No player is allowed to play in different teams, which belong to the same age category.

9. The list of participants for each match must be presented 30 minutes before the game together with the permits issued by the tournament organisation.

Classification system

1. In the first phase and in the categories which have only one phase the points will be given in the following way:

- Victory ----- 3 points
- Draw ----- 2 points
- Loss ----- 1 points
- Absence ----- 0 points

2. Classification criterion in case of draw between two or more teams. The following will be applied:

- 2.1 Highest number of points obtained in the matches by the drawn teams
- 2.2 Highest difference in terms of goals obtained during the matches by the drawn teams
- 2.3 Highest difference in terms of goals during the group selection matches

- 2.4 Lower number of goals endured during the group selection matches
- 2.5 In the preliminary round matches, when the match ends with a draw the following procedure will take place.
 - 2.5.1 There will be 5 shoot out from the 7-meter shoot, for each team. The winner will be the one with the higher number of goals.
 - 2.5.2 If there is still a draw, the first team to fail a 7-meter shoot, with a goal from the other team will be lose

Disciplinary subjects:

1. Maia Handball Cup 2026 Disciplinary Commission will judge all the disciplinary subjects and communicate it to the teams.
2. All the teams which are not in the field till ten minutes after the set time for the match will be considered absent.
3. If the absence is due to the organisation, the match will be postponed and held at a time date chosen by the organisation.
4. If a team leaves the field during the match without the referee or the organiser's permission, it will be expelled from the tournament.
5. A team that is absent twice will be immediately expelled from the competition.
6. Any protest should be submitted to the organisation in a written form. It should arrive to the head-office up to one hour after the end of the match that the protest refers to. A 500 Euros caution will be requested and it will only be returned if o protest for judged proceeding.
7. In the accommodation installations, the players are not allowed to stay outside the room after 0:00, in order to secure participant's good rest. However, the players can enter and leave the buildings as long as they do it in a silent way. The participants of the tournament who don't respect this rule will be expelled from the tournament.
8. Any damage taken in any installation (sport, accommodation, etc.), will be paid immediately by the club wish the individual belongs.
9. The Tournament Organization owns the image rights. Along with the right of filming or shooting any action, image or person, any photos or films just can be taken with the organization authorization.
10. The organisation will solve all the unpredicted situations.

Equipment:

The teams should have more than one set of jerseys in different colours. If two teams have the same colour, the one whose name is the first in the calendar for that match will use its usual colour. Each player should use the same number in every match.

Balls and flags:

In case of an official tournament ball, that will be the one to use. Otherwise, the referee will choose a ball, among the ones presented by the team leaders. The chosen ball must be have one the Portuguese standards sizes.

F 10, M 10, F 12	46-48 cm
M 12, F 14, M 14	50-52 cm
M 16, F 16, F 18, F sen, F vet	54-56 cm
M 18, M 20, M sen, M vet	58-60 cm

All the teams must bring their flags that will be used during the opening and closing ceremonies. The foreign teams that wish to send the national flag of their country must do it 15 days before the tournament.

Awards

a) Individual:

- Best goalkeeper in each category
- Best player in each category
- Participation certificates for all participants

b) Collective:

- Trophies for 1st, 2nd and 3rd place in each category
- Discipline trophy in all categories
- “Super Maia Trophy” - offered by the sum of points in all age categories in a club with the following results:

* 1 st place	15 points
* 2 nd place	10 points
* 3 rd place	08 points
* 4 th place	06 points
* 5 th place	05 points
* 6 th place	04 points
* 7 th place	03 points
* 8 th place	02 points
* 9 th place	01 points

APPLICATION AND REGISTRATION

WHO CAN PARTICIPATE?

a) Teams

Maia Handball Cup 2026 is a tournament willing to accept all female and male teams, from all ages, from associations, schools, universities, local, regional, state and national teams and from all the institutions in the world that wish to play handball. This tournament can also be a good chance for the old players to score once more and to practice the sport in a friendly atmosphere.

b) Age categories female (F) and male (M) for the competition

F/M 10 - born in 2016 or after

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National Teams - If the number of selections is big enough, the organisation of Maia Handball Cup 2026 will create a special competitive board for these participants.

c) Referees

The Portuguese Handball Federation and Braga Handball Association will be invited by the organisation to choose the referees for Maia Handball Cup 2026.

All the foreign teams are allowed to invite a referee from their own country. Maia Handball Cup 2026 will accept the referee, who will be provided with food and accommodation at low costs. The referee must present his professional identification. There will only be accepted as many referees as the ones needed for the tournament.

d) Relatives and friends

All player's friends and relatives as well of the directors and managers of each club, will be welcomed in Maia Handball Cup 2026. We will be glad to organise accommodation and food plans for all of them. Portugal is a sunny country; it has got a fabulous seaside and exceptional recreation facilities. We also have plenty of pleasure to receive your friends and your relatives, wish we will present with special accommodation and food plans for them. Ask us for additional information.

e) Game places

All teams in all categories will play in synthetic grass, mostly in the 1st tournament phase

PARTICIPATION CONDITIONS AND CONTACTS

a) Enrolment requirements and essential information

1. The teams enrolment in Maia Handball Cup 2026 will happen in:

MAIASTARS - Clube de Desporto, Cultura, Ambiente e Sol. Social

Edifício do Fórum Jovem da Maia

Trav. Cruzes do Monte, nº 46

4470-169 MAIA

PORTUGAL

Portuguese contact: José Carlos - Tel. 93 426 31 44

Spanish, French, German, English, Polish contact: Aida (between the 10 a.m. to 12 a. m. and 2.30 p. m. to the 6 p. m.) - Tel. 00351 91 906 2499

Email: maiahandballcup@cm-maia.pt; maiahandballcup2026@gmail.com

Web: www.maiahandballcup.net

2. The team's enrolment, that will choose the accommodation and food options proposed by the organization, has to be made until the 1st of June 2026, with the enrolment's payment made by bank transfer, in the following amounts:

- 1 team per institution - 100 Euros + VAT (Value Added Tax)
- 2 teams per institution - 175 Euros + VAT (Value Added Tax)
- 3 teams per institution - 250 Euros + VAT (Value Added Tax)
- 4 or more teams per institution - 300 Euros + VAT (Value Added Tax)

The enrolment's amount to be paid by associations and institutions that make choices other than the accommodation and food suggested by Maia Handball Cup 2026 organisation is of 150 Euros + + VAT (Value Added Tax) if the participation is of only one team or 125 Euros + + VAT (Value Added Tax) per team, if two or more teams participate. **The teams that enrol until the 1st of April of 2025 benefit of a 40% discount in the enrolment fee or 20% if they made until the 30th of April of 2025.** It only is considered a team's inscription, when they proceed to the payment in the inscription act.

OPOORTUNITIES YOU CAN'T LOOSE...

*** 40% discount in the inscription rate until 1st of April 2026**

*** 20% discount in the inscription rate until 30th of April 2026**

*** Inscription rate offered to the 1st team of each country**

***Inscription rate offered to the 1st team of Foreign club, present in the previous editions, until the 1st of April**

3. The enrolment has to be sent to the above address, along with the bank transfer payment's confirmation to the following account:

MAIASTARS - Clube de Desporto, Cultura, Ambiente e Sol. Social

(Portuguese associations) - NIB: 0036 0074 99100077796 77

(foreign associations) - IBAN: PT50 0036 0074 99100077796 77

BIC (swift): MPIOPTPL

Of the Bank: Caixa Económica Montepio Geral, Maia's department - Porto - Portugal

4. Each team will bear accommodation and food expenses. The tournament organisation will present several proposals.

5. The participating institution (association, school, etc.) has to provide its own medical insurance - sportive or have federate participant.

6. The full enrolment payment, referring to accommodation and food, will have to be made until the 15th of June 2026. Otherwise, these people will be excluded from the tournament.

7. The teams that need a visa to enter Portugal will have to present the confirmation of the Embassy's authorisation until the 15th of June 2026. Otherwise, these people will be excluded from the tournament.

8. Transportation (travel, tourism tours, airport and hotel's transfers, trips to the beach, among others) is of full responsibility of the participating teams. It means that if teams need, they should require information from the organisation about its cost in advance.

9. The travel's expenses to Maia are of full responsibility of the participating institutions. Teams that need information or services to travel, Maia Handball Cup 2026 organisation will indicate travel plans and respective costs, with the collaboration and technical specialised assistance from travel agencies.

10. The team's that choose accommodation in hotels or residential will have to make a payment of 50% of the total expense, along with the team's enrolment, in order to make the respective booking.

11. The International Francisco Sá Carneiro Airport is located in Maia. Do not hesitate to require information from Maia Handball Cup 2026 organisation. There are some aviation companies flying at low costs to Oporto Airport (OPO).

12. The extension of the stay in Maia or the anticipation of the travel is possible. Contact the organisers about the costs urgently.

13. Tours to places of tourist and cultural interest (Porto, beaches, etc.) can be organised by the organisation upon request.

14. The teams that require the organisations suggested accommodation would have to deposit in the organisation a caution of 250€ (Two hundred and fifty Euros) in the check-in moment. After the accommodation is inspected, if there are not any damages, the caution will be withdrawn in the checkout.

15. The teams that do not choose any of the accommodation and food options suggested by the organisation will have an extra fee of 1 Euro per participant.

16. School, veteran/masters or other team's that need a sportive insurance can have it through the organisation, with an extra fee of 15€ (fifteen Euros) per participant (see insurance policy covers). Send us the names, date of birth and the payment along with the enrolment fee.

17. In case any team quits its participation in the tournament, Maia Handball Cup 2026 there will not be any kind of restitution (teams' enrolment, insurance, etc.).

18. The image rights in any format, belongs in exclusive to the Maia Handball Cup 2026 Organization, as their posterior viewing.

ACCOMMODATION AND FOOD - Entry in 4/07/2025

Maia Handball Cup 2026 organisation suggests several options to accommodate and feed the participants from the 4th to the 11st of July 2026, in a total of 7 nights and 14 meals (7 lunches and 7 dinners).

The following suggestions refer to the price per person and include some of the further on described activities that are going to happen during the tournament.

***Option S1 - Classroom in a school with mattress**

The participants have to bring everything they require to sleep. Each team will be accommodated in a school classroom with a mattress per participant.

***Option T1 - Hostel/Residential (** 2stars) in Maia**

The participants will be accommodated in double, triple or quadruple bedrooms with the check-in on the 4th and the checkout on the 11st of July. The availability is of 44 persons.

Option Z1 - Hotel (*4stars) in Maia - The best Hotel**

The participants will be accommodated in double or triple bedrooms with the check-in on the 4th and the checkout on the 11st of July

Maia Handball Cup 2026 Lodging and Alimentation Options			
Attention: The beginning of Tournament participation is possible at 4 of July			
Price per person			
The meals are provided in the school canteen through a top company			
Attention: The prices shown add VAT at the rate of 23%.			
Options	Number of meals - from 4/7	Number of nights - from 4/7	Price per participant Euros
S1 - Classroom with mattress	14 - school	8	160
T1 - ** Hostel/Residential - double/triple/quadruple room	14 - school	7	to be defined case by case
Z1 - **** Hotel at Maia (the best) - double/triple room	14 -school	7	to be defined case by case

Important remarks:

1. The **S1** option do not include breakfast.
2. The teams that require the organisations suggested accommodation would have to deposit in the organisation a caution of 250 Euros in the check-in moment. After the accommodation is inspected, if there are not any damages, the caution will be withdrawn in the checkout.
3. Any damage will be by the responsibility of the participants.
4. The **T1**, **Z1** options do not include transportation to the hotel. If it is necessary, the organization will provide that services, but the transportation costs will be paid by the participants
5. The fees above include the participation in nearly all the activities.
6. The teams that choose the **T1**, **Z1**, options have to pay 50% of the total amount along with the team's enrolment, in order to make the respective booking.
7. If you intend to extend or anticipate your stay, it is possible, but you should inform and contact us on the existing options.
8. The organization has great conditions for accommodation and meal's for the companions of the participants.

IDENTIFICATION AND ACCREDITATION:

The teams have to send to Maia Handball Cup 2026 organisation a list with the name, birth date and a photo (or photocopy) of each participant until the 22rd of June 2026, in order to issue the tournaments permits.

While checking-in, the teams have to present a list of the participants (if there is any change from the previously sent), along with an original identification document (identity card, passport, federation permit, driving licence) and a photo (or photocopy), in order to confirm and issue the appropriate missing tournament permits.

Photocopies of documents are not allowed. The appropriate tournament permits will be the participant's identification to the organisation in the matches and throughout the tournament.

ACTIVITIES AND FACILITIES

The organisation will work out an activity programme beyond the competition that will surely please all the participants. Suggested activities:

1. Manager's meeting - Although there will be a time for daily socialising between all the participants, Maia Handball Cup 2026 organisation will gather the interested managers in a socialising and fraternising session with the aim of exchanging ideas and experiences about this sport and reinforcing friendship ties in the Handball's world.
2. Managers, coaches and referee's matches - As directors these sports people rarely have the opportunity to play Handball. With these matches, besides socialising and fraternising, it will be given to the managers, coaches and referees a chance to perform an activity for their own pleasure, in a situation in which their self-esteem and position as idols to the players will be reinforced.
3. Transactional team's matches - Trying to establish friendship and socialisation ties among the players of several countries and continents, Maia Handball Cup 2026 organisation will provide the contact of teams with players from different nationalities that will face each other in the tournament.
4. Water activities in wonderful heated pools - Maia has 4 municipal high quality swimming pools. In the summer time it is always pleasant to go for a swim to relax from other activities.
5. Visiting museums - Other cultural aspects were not forgotten. Maia and Porto have a wide net of thematic museums, which can be visited in your free time. In some, admission is free.
6. Visiting Maia's Zoo - It is rare to find a small European city with its own Zoo. In Maia, we can offer you the opportunity to visit the animal kingdom in a pleasant and well-taken care place.

7. Night activities: socialising in the central park, bars and discos - Maia Handball Cup 2026 organisation would make no sense if there would be no time for people from different regions, countries and continents to socialise and fraternise. People from our modality deserve to be united, to be friends, cheerful and happy. Maia Handball Cup 2026 organisation has thought about it and will provide time for this purpose, at night, after the competitions.
8. Miss and Mister Maia Handball Cup 2026 contest - Handball is also made of beautiful people. And everyone is beautiful, each person in her/his own way. The most uninhibited will find their place. From this the firsts Miss and Mister Maia Handball Cup will come out.
9. Cultural sketches - In such an event, the opportunity to get to know each other better had to exist. So, all the participants will be able to present sketches showing the cultural costumes and habits of their regions, countries, and peoples.
10. Beaches - It is said that Portugal is a country "planted by the sea". At slightly over 10 minutes, we find dozens of wonderful beaches in the summertime. Do not forget your suntan lotion. The transportation is of full responsibility of the participants.
11. Bowling - Several entertainment alleys only a few kilometres away from Maia City.
12. Tennis - Located near the two gym halls where the event will take place, the Complexo Municipal de Ténis da Maia (Maia Tennis Municipal Complex), with its 8 courts, will also be an opportunity for the managers and team followers to practise sports in great conditions.
13. Flight and Jumps activities - Maia City, besides its International Francisco Sá Carneiro Airport, also has Vilar de Luz aerodrome, where its visitants will be able to practise aerial activities, such as tandem parachute jumps (2 people, with a qualified professional) or try their first flight in a 4 passenger aeroplane. These services information, enrolment and prices will be available from the 18th of June 2026.
14. Introduction to horse riding - In your free time, you will be able to go on wonderful horse rides or to try it for the first time.
15. Cultural programme - During the tournament, Maia Handball Cup 2026 organisation will provide a wide cultural programme for the participants.
16. Conversations spaces about Handball - During the tournament, all the sportive agents with inscription will be free to provide their opinions about the great questions of the World Handball.
17. Stars Clinics - In this event, the players will be able to participate in these practical actions with great National and International Handball personalities.
18. Karaoke - The hidden talents will have the opportunities to show himself to the world.
19. Parties

Remark: despite the reduced prices, the participants in the spot will pay some of these activities. At this moment, Maia Handball Cup 2026 organisation is negotiating the best conditions for the participants. Activities 1, 2, 3, 4, 8, 9, 15, 16, 17, 18, and 19 are included in the participant's fee.