

Nieuwsbrief 1, November 2022

In deze nieuwsbrief tref je de wijzigingen en verduidelijkingen aan behorend bij het Nederlands Wedstrijdreglement 2022-2024.

Deze nieuwsbrief is een aanvulling op de internationale nieuwsbrieven die per direct actief zijn en tevens nu ook vindbaar onder reglementen op Dutch Gymnastics. NB: vanaf dit seizoen zullen nieuwsbrieven vanuit de FIG niet meer vertaald worden naar het Nederlands. Trainers en juryleden hebben een eigen verantwoordelijkheid om op de hoogte te blijven. Nieuwsbrieven van de FIG zijn ook te vinden op: <https://www.gymnastics.sport/site/pages/newsletters-acro.php>.

Dit seizoen wordt er voor het eerste gewerkt met Acro-Companion (AC) voor het ABC-niveau. Het huidige Nederlandse ABC reglement is volledig in AC gezet en gevalideerd door de werkgroep juryzaken. Eind november volgt de instructie via het wedstrijdboekje welke zal verschijnen op de website van Dutch Gymnastics. Daarnaast zullen wedstrijdbladen voor het komende seizoen – hoogstwaarschijnlijk – per wedstrijd geüpload moeten worden via AC. Verwacht wordt dat hier in januari meer informatie over beschikbaar komt.

Correcties Nederlands ABC-Reglement

Correctie artikel 14.2

Vanwege uniformiteit tussen alle disciplines binnen de KNGU en vanuit de FIG is de kleur van de jurykleding voor deze cyclus **donkerblauw**. Zwarte jurykleding is niet toegestaan.

14.2 Deze cyclus dragen de juryleden Acrobatische Gymnastiek:

- Een zwart jasje.
- Een zwarte rok (dames) of een lange broek (dames en heren).
- Een wit shirt of overhemd (dames en heren) of wit shirt of blouse (met of zonder kraag).
- Schoeisel geschikt voor een gymzaal.

Correctie artikel 16.1

Er is géén tijdstolerantie. Een balans-oefening van 2.31 geeft 0,1 aftrek door de Hoofdjury.

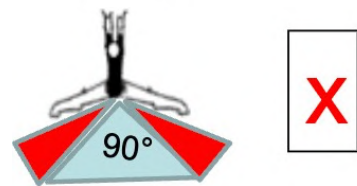
- 16.1** Balans en combinatie-oefeningen hebben een maximale duur van 2 minuten en 30 seconden, de dynamische oefening heeft een maximale duur van 2 minuten. Er is geen vereiste minimale lengte. Er is een 1 seconde tijdstolerantie voordat een aftrek voor een te lange oefening wordt toegepast door de hoofdjury. Een oefening geklokt op 2.32 geeft dan 0,1 aftrek. Dit om fouten in het klokken te voorkomen.

Technische verduidelijkingen

1. Wanneer de onderpartner zit dan dient dit eruit te zien als de onderstaande afbeeldingen. De spreiding van de beiden dient 90 graden of minder te zijn.



Is deze spreiding groter dan 90 graden dan volgt een technische aftrek van 0,3.



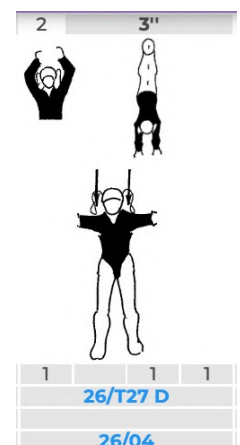
Dezelfde aftrek geldt ook voor deze holle lig waarbij de benen van de gymnast niet wijder mogen zijn dan schouderbreedte.



2. De staghouding dient uitgevoerd te worden met twee steunpunten en mag dus niet geklemd worden met het voorste been. Indien geklemd volgt een technische aftrek van 0,5 voor het creëren van een extra steunpunt.



3. De handstand waarbij de schouders van de top worden ondersteund wordt gezien als een handstand met vier contactpunten. Dit element geeft wel plus 1 voor gesloten benen maar telt niet voor de handstand eis, daarvoor zijn max twee contactpunten toegestaan.



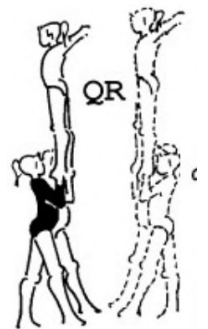
4. De bovenarmkrokodil heeft als steunpunt de bovenarm. Deze mag dus niet uitgevoerd worden als vliegtuigje steunend op de buik/heup. Zie onderstaande voorbeelden van een correcte uitvoering.



5. Deze eindhouding is een variatie op de onderpartners die naast elkaar vangen met code V. De handen van de tweede onderpartner mogen onder de voet van de top of om de enkels. Er mag NIET bij de kuiten gevangen worden. Wordt er hoger gevangen dan de enkels dan is dit een extra steunpunt en dus 0,5 technisch aftrek. (Zie internationale nieuwsbrief 3, punt 25.)



=



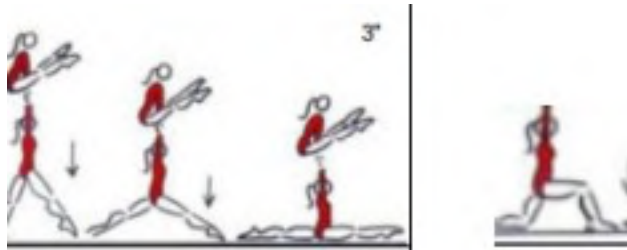
6. Het plaatje op p65 (links), kan ook uitgevoerd worden zoals het rechter plaatje = variant.

De Technische Commissie van de FIG heeft een Q&A gehouden waarin delegaties vragen konden stellen over het nieuwe reglement en de tabellen. Onderstaand een vertaling van de belangrijkste punten.

Q&A FIG ACRO TC

1.Q: Als de basis van een paar een motion van stand naar spagaat maakt met haar knie die eerst naar de grond gaat en dan verder naar spagaat, telt het element voor SR?

A: Ja in 12-18, Junioren en Senioren. In 11-16 zijn dit verschillende elementen.



Q: Geeft het bovenstaande dan 0.5 technische aftrek ivm extra steunpunt?

A: Nee, het is alleen een andere techniek om het element uit te voeren. Het geeft geen enkele extra technische aftrek om via knie naar spagaat te gaan.

Q: Bij het schuiven naar spagaat (direct) raakt de knie van het achterste been de grond, geeft dit technische aftrek?

A: Een aftrek moet worden gegeven wanneer het achterste been niet recht is maar dit wel de bedoeling was. (Perfekte lijnen en posities aftrek: 0,1-0,2).

2. Q: Wordt de motion van de basis met 180° draai als hetzelfde beschouwd als de zelfde motion zonder de draai?

A: Nee, motions met en zonder draai zijn verschillende elementen.

3 Q: Wanneer een Mount naar lage arm wordt uitgevoerd, kan dezelfde Mount uitgevoerd worden op een hoge arm of telt dit als dezelfde Mount?

A: Je gebruikt dezelfde start box voor het element, dus het is dezelfde mount.

4 Q: Bij een transitie-piramide van 3 sec naar 3 sec, gaat de top op de schouders van de middenpartner staan (top waarde 0). Bij het bouwen van de 2^e piramide, is er een val naar de grond. Gebruiken we dan artikel 21.3 geen tijdfouten omdat niet iedereen in start positie staat of toch 0.9 omdat de piramide al begon?

A: 0.9 tijdfouten omdat de piramide al is gestart in de eerste houding.

5 Q: Als er een val is tijdens de transitie en de twee piramides zijn van dezelfde categorie, kun je dan de piramide opnieuw opbouwen?

A: Nee want dan is er een herhaling van categorie in twee afzonderlijke piramides.

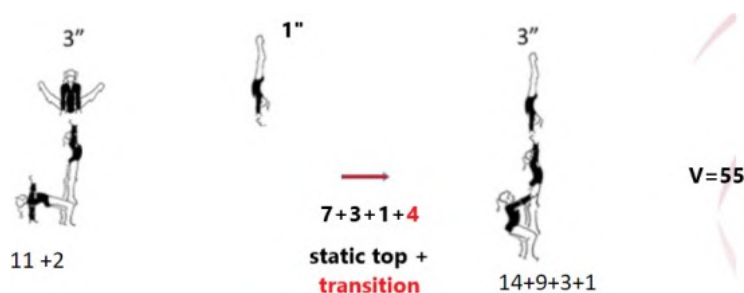
6 Q: In een transitie-piramide, als de top gedurende de transitie dezelfde positie behoudt en aan het einde van de transitie naar een andere positie gaat, wordt de waarde van de motion van de top gezien in de moeilijkheidsgroep van de eerste basispiramide of in de moeilijkheidsgroep van de tweede piramide (aangezien dit is waar de motion wordt gemaakt)?

A: Waarde van de motion van de top wordt bepaald door de waarde van de BASE- positie waarop de TOP de beweging uitvoert, in dit geval de tweede.

7 Q: De base moet de transitie starten, voordat de top een motion inzet. Wat doet de DJ als dit niet gebeurt?

A: In een transitie of motion van de basis(s) ontvang je de moeilijkheidswaarde van de START positie van de TOP. Dit betekent dat de TOP zich in een positie van waarde moet bevinden op het moment dat de beweging van de basis(s) begint. Als de TOP zich niet in de statische positie van de vorige statische hold bevindt, verlies je de waarde van de statische hold van de Top TIJDENS de beweging /overgang.

8 Q: Is het toegestaan om een piramide met een 3sec houding te doen, gevolgd door een motion van de top naar een 1 sec houding en dan door te gaan naar een transitie naar andere piramide met een 3 sec houding? (zie voorbeeld)



A: Nee, je moet een transitie starten van een 3sec houding naar een 3 sec houding (met een vrije positie van de top) en niet andersom redeneren.

9 Q: Zijn er nog aftrekken voor fouten op het wedstrijdblad?

A: Alleen 0.3 voor verkeerde volgorde. Overige sancties (te laat of geen wedstrijdblad) worden met boetes verrekend.

10 Q: Zijn de deducties voor onfatsoenlijke en onethische posities/poses alleen in elementen of ook in de choreografie?

A: Ook in de choreografie.

11 Q: Is er bij de 1,0 aftrek voor coach op de vloer ook een verlies van moeilijkheidswaarde als de coach assisteert bij een element?

A: Nee, alleen 1x 1.0 aftrek.

12 Q: Als een top zich nog niet in een waardepositie bevindt (artikel 21.3), bijv. heffen vanuit spreidhoek op armen maar benen zijn nog steeds gebogen en ze vallen af, krijgen ze dan tijdsfouten?

A: Nee, tijdsfouten geef je pas als de top in positie van waarde zit.

13 Q: Als één of meerdere partners vallen in de choreo op hetzelfde moment, is dit 1.0 of 2.0 aftrek?

A: 1.0

Moeilijkheidstabellen

14 Q: De +1 waarde voor gesloten benen uit de general rules, tellen die ook in een motion?

A: Gesloten benen +1 voor de top kan toegevoegd worden tijdens een statische houding van de top en een motion van de base.

15 Q: Bij elementen met een plus-waarde, waarbij de waarde wordt toegevoegd aan de waarde van de houding (niet apart gelabeld) (bijv. hoek positie voor mount, diepe Mexicaanse handstand, benen gesloten in een vlag), hoe gaat MJ ermee om als het niet wordt uitgevoerd? Wordt alleen de plus-waarde verwijderd of de hele houding?

A: Verwijder de waarde voor de hele houding omdat het een ander element is dat wordt uitgevoerd en dit is geen aparte plus-waarde is zoals de plus-waarde voor gesloten benen of landen zonder ondersteuning.

16 Q: De min(-) waarde in de General Rules met betrekking tot de motion van de basis is alleen toepasbaar op de motion en niet ook op de statische positie van de basis correct?

A: Ja, corrigeer alleen de motion.

17 Q: In welke box moet de plus-waarde voor DP en DG ingevuld worden voor werken op de handen van de base?

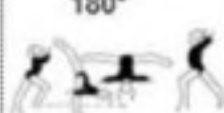

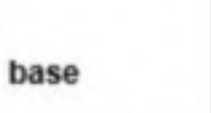

A: In een statische houding in de box van de TOP static = A. In een mount in de box voor TOP mounts & Motions = B.

18 Q: Hoe om te gaan voor waarde voor salto's met 180 ° twist die nu beide kanten kunnen zijn (back en forward)? Waarde kan voor elke richting anders zijn.

A: Je moet het logische antwoord geven door de tekening, houd rekening met start- en eindpositie van het element.

19 Q: Hoe moeten individuele elementen op het wedstrijdblad verdeeld worden in de Boxen?

A: Altijd top in A, Base in B (en verder)

I1		2x		I2		I3	
180°		top		base		360°	
							
R-							
2	2			1	1		
136 D		069/126		12		126	

Als slechts 1 partner een element uitvoert (in serie bijvoorbeeld), komt deze automatisch in box A terecht.

Individuele elementen

20 Q: Mag een partner in 11-16, 12-18 en het B-en C-niveau in de balans oefening 3x een flex / lenigheidselement uitvoeren?

A: Je de keuze uit de categorieën is vrij, zolang het er maar drie zijn.

21 Q: Als individuele elementen uit de balans serie gelinkt zijn, dus direct achter elkaar, moeten we dit dan zien als serie?

A: Ja en dan kan er dus maar max 1.0 per gymnast afgetrokken worden.

22 Q: Wat wordt bedoeld met de individuele elementen moeten tegelijk of "in waterval" gedaan worden?

A: Waterval = direct opvolgend = de 2^e partner moet starten voordat de eerste klaar is.

23 Q: Welke aftrekken worden gegeven als het niet in waterval wordt uitgevoerd?

A: Dan is het alsof die individuele elementen niet gemaakt zijn, tellen niet voor moeilijkheid en ook niet voor speciale vereisten.

Nieuwsbrief 2, maart 2023

In deze nieuwsbrief tref je de wijzigingen en verduidelijkingen aan behorend bij het Nederlands Wedstrijdreglement 2022-2024.

Deze nieuwsbrief is een aanvulling op de internationale nieuwsbrieven die per direct actief zijn en tevens nu ook vindbaar onder reglementen op Dutch Gymnastics. NB: vanaf dit seizoen zullen nieuwsbrieven vanuit de FIG niet meer vertaald worden naar het Nederlands. Trainers en juryleden hebben een eigen verantwoordelijkheid om op de hoogte te blijven. Nieuwsbrieven van de FIG.

Dit seizoen mag er gewerkt worden met het nieuwe artistieke juryblad in het ABC-niveau. Het nieuwe juryblad is vanaf nu te vinden op Dutch Gymnastics onder 'Juryleden'.

Hier rechts een eerste indruk van het blad. Door het nieuwe systeem met vragen wordt het artistiek jureren concreter en accurater.

PARTNERSHIP	Nee	Enigszins	Ja	
Is er een gelijkwaardig niveau van volwassenheid tussen alle partners?	0	0.2	0.4	1.
Is de technische en fysieke voorbereiding in balans tussen alle partners?	0	0.1	0.3	
Is er een duidelijke verbinding tussen alle partners die zichtbaar is voor het publiek?	0	0.1	0.3	
PERFORMANCE				
Is er een continue stroom (flow) door de hele oefening	0	0.1	0.2	1.
Tonen alle partners in alles een duidelijke amplitude ?	0	0.1	0.2	
Is er overal synchronisatie tussen alle partners?	0	0.1	0.2	
Is de choreografie origineel ?	0	0.1	0.2	
Heeft de oefening een persoonlijke identiteit ?	0	0.1	0.2	
EXPRESSION				
Projecteren alle partners de emotie van de oefening ?	0	0.2	0.4	1.
Houden ze de emotie vast tijdens de oefening?	0	0.1	0.3	
Is er harmonie van de uitdrukking tussen de partners?	0	0.1	0.3	
CREATIVITY				
Tonen ze originaliteit en inventiviteit in de algehele oefening?	0	0.2	0.4	1.
Hebben ze speciale/andere manieren om in en uit elementen te komen?	0	0.1	0.3	
Tonen ze een verscheidenheid aan elementen en zelden uitgevoerde elementen?	0	0.1	0.3	
MUSICALITY				
Is de choreografie overal in harmonie met de muziek?	0	0.2	0.4	1.
Wordt de oefening uitgevoerd zonder enige onderbreking tussen choreo en elementen?	0	0.1	0.3	
Worden de muzikale zinnen, accenten overal gerespecteerd en gebruikt?	0	0.1	0.3	

Omdat wij vanaf nu landelijk gaan werken met Acro Companion zullen er op de bladen niet meer de volgende opmerkingen worden genoteerd door de moeilijkheidsjury (ook regionaal):

- SV noteren
- Schroef coördinaten vermelden
- Vluchtfase toevoegen toss-up
- Salto-houding draaien/ spiegelen

Correctie Nederlands Pupillenreglement

Artikel 4.2:

Er is géén tijdstolerantie. Een combinatie-oefening van 2.01 geeft 0,1 aftrek door de Hoofdjury.

De oefening mag niet langer zijn dan 2 min. 00 sec en geen minimum lengte. Er is een 1 seconde tijdstolerantie voordat een aftrek voor een te lange oefening wordt toegepast door de hoofdjury. Een oefening geklokt op 2.02 geeft dan 0,1 aftrek. Dit om fouten in het klokken te voorkomen. Elke seconde langer dan 2.01 geeft een aftrek van 0,1.

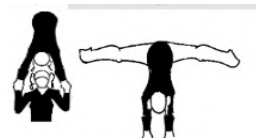
Artikel 44.2:

Coach aanwezig op de vloer geeft een aftrek van 1.0. Is er daarnaast fysiek contact tussen coach en sporters dan vervalt ook de moeilijkheid van het element.

14. Coach aanwezig op de vloer	0,3
--------------------------------	----------------

Correcties Nederlands ABC(DE)-Reglement

1. De pluswaarde voor damesparen bij het werken in de handen telt ook in lig en mag opgeteld worden bij de waarde van de top (zie linker figuur hiernaast)
2. De base-houding van 67/A11 mag ook uitgevoerd worden met de onderpartner in een boogje. Dit is een stilistische variatie (zie rechter figuur hiernaast).



3	1
18/T1 D	
18/O1	
14	

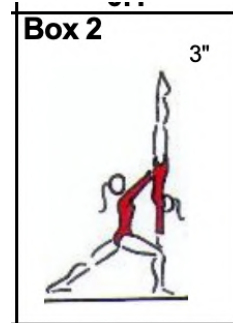
15 cat 3 - gr 3 - 3"
TOP



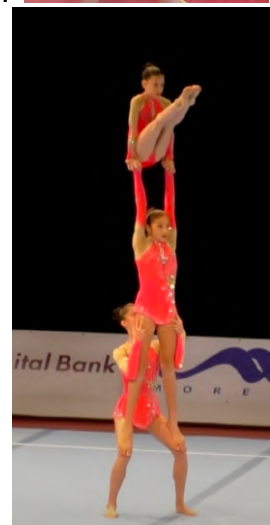
6	17
64/T12 A	
67/A11	

Geldend vanaf 1 mei 2023:

3. De handstand uitgevoerd op de benen mag niet worden geklemd met de armen. Gebeurt dit wel dan geeft dit 0,5 technische aftrek voor het creëren van een extra steunpunt. NB: het is niet verplicht bij de heupen vast te houden, dit mag waar dit het meest logisch is ten aanzien van de grootte van beide partners.



Let op: In torens wanneer het gaat om de onderpartner die de middelpartner ondersteunt mag dit wel en geeft dit geen technische aftrek.





February 2024, Extraordinary ACRO Newsletter

2024 FIG Acrobatic Gymnastics World Championships and World Age Group Competitions

Dear Members of the ACRO community,
Dear Coaches and Athletes',
Dear Friends,

As you know in November 2023, the FIG Executive Committee decided not to organise the 2024 Acrobatic Gymnastics World Championships and World Age Group Competitions in Holon (ISR) in light of the current situation.

During this meeting the FIG EC allocate the 2026 Acrobatic Gymnastics World Championships to Holon (ISR).

The bidding procedure for the 2024 event was therefore been reopened for all national federations. Unfortunately, **no** bids were received before the deadline of 15 January 2024.

Finally, a candidature was received from POR (Guimarães) with many thanks to the Gymnastics Federation of Portugal.

We are very happy to inform you that, at its meeting in Kampala (Uganda), the FIG EC allocated 2024 FIG Acrobatic Gymnastics World Championships and World Age Group Competitions to Portugal (Guimarães) in September 2024.

The WAGC will take place on 12-15 September 2024 and the WCH from 19-22 September 2024

The directives for the event will be send out as soon as possible and all registrations will restart from zero.

On behalf of the FIG ACRO TC and after all the uncertainties, we hope to welcome you all in Guimarães-Portugal in September 2024.

Let's make this event a celebration of our beautiful discipline.

With warm regards,

Rosy TAEYMANS
President FIG ACRO TC



LAUSANNE (SUI), February 2024

Dear Friends,

On behalf of the ACRO TC, I extend heartfelt wishes for a prosperous, healthy, and successful 2024. Let's work hard to make ACRO more famous around the world. We can do it together!!!

Acro Event reports

1. European ACRO Championships

The events took place in Varna, Bulgaria in the period 12-22 October 2023.

In the Age groups, a noteworthy addition was Slovakia, making it 22 countries in total. The overall competition showcased an impressive standard of quality. Despite the unofficial status of M4, resulting from Israel's late withdrawal and a decrease in participation, Greece demonstrated remarkable progress, solidifying its standing in this category. Switzerland also secured its first-ever medal, marking a significant achievement.

Now, looking at the Juniors and Seniors categories, there was a positive trend in increased participation:

Total National Federations (NF): 21 (249 gymnasts)

Juniors NF: 17 (144 gymnasts), Seniors NF: 17 (105 gymnasts)

Despite the absence of major acrobatics countries such as Russia, Belarussia and Israel due to the war in their countries, the competition witnessed a general improvement in performance. Unfortunately, both MP and M4 events had to be labeled unofficial due to insufficient participation after Israel's withdrawal.

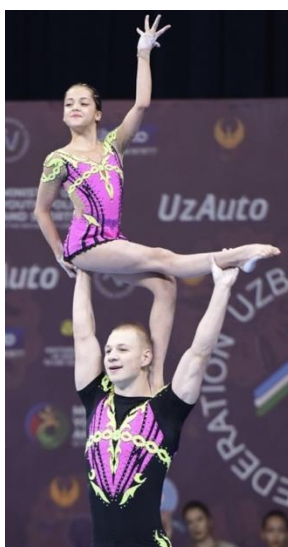
In the juniors, medals were distributed among 10 countries, with Italy securing the 3rd place in the medal ranking. At seniors level, 8 countries claimed the medals, with notable dominance from AZE in MP and MxP events, and BEL in the trio category.



2. 13th Asian Acrobatic Gymnastics Championships

The 13th Junior and Senior Asian Acrobatic Gymnastics Championships took place in Tashkent from October 18 to 20. The event concluded with a dazzling display of acrobatic prowess. Teams from Hong Kong, India, Kazakhstan, Tajikistan, and Uzbekistan showcased their talent, with approximately 170 athletes competing across four age categories.

Unfortunately, the North Korean team was unable to attend due to an injury to the top of the mixed pair, and the Chinese team was unable to participate due to important domestic competitions in China. The judges panel was assembled from category 2, 3 and 4 judges from all of the above countries, only the Difficulty judge was invited from Georgia. The Hong Kong and Indian teams have stepped up very well. The atmosphere was wonderful, everyone was very happy to meet and conduct the competition with brilliance. Big thanks to the Uzbekistan Gymnastics Federation to host this AGU ACRO Championships.



3. The Pan American Acro Championships



After a very late withdrawal by the planned host, the Colombian Gymnastics Federation President, Samir Portillo, saved the 2023 Pan American Acro Championships by agreeing to take the event at the last minute. This time the event took place in the city of Ibagué at the Coliseo Mayor de Ibagué, perhaps better known as the “Space Ship” Venue. The venue was open on all sides. So the 79 participating athletes competed against a beautiful backdrop of the mountains surrounding the city.



THE ACROBATIC GYMNASTICS NEWSLETTER – N°8 – 2024

Six countries participated, Brazil, Canada, Colombia, Mexico, Puerto Rico, and the United States.

The judges were excited to have the opportunity to learn from the invited CJP, Juan Antonio León Prados, ESP. Much time was spent discussing the Artistry judging forms and it was very helpful to have his expertise.

Much appreciation to the Colombian Gymnastics Federation for hosting the PAGU Championships for the second year in a row. The organizing committee worked very hard to provide a quality event. And all the participants were grateful for their warm hospitality.



Questions and answers

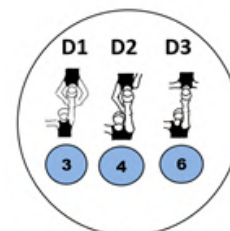
1. Question: TOD p. 20 – D1 – D2 – D3

As the IDs and points of support of these positions different, can you confirm that the following positions are considered different?

Answer: Yes. By the current TOD, these three positions are different.

Rational:

1. Because they have a separate ID
2. Compare with other top positions (on 2 hands, 2 on 1 or on 1 hand) all on 1 hand of the base



2. Question: Can we use base positions from the same category during the transitional pyramid?

Answer: YES. To consider as a transition the base positions must be from one box to another. (Not from one Cat. to another). Also, see COP Art. 20.11 and Art. 20.12.

3. Question: Can the base in table position (photo bellow) also perform this element in a bridge position (drawing)?



Answer: Yes and the element with the base in bridge position is considered as a variant of pg 67 A 11 V 17 (same coordinates and same value)



THE ACROBATIC GYMNASTICS NEWSLETTER – N°8 – 2024

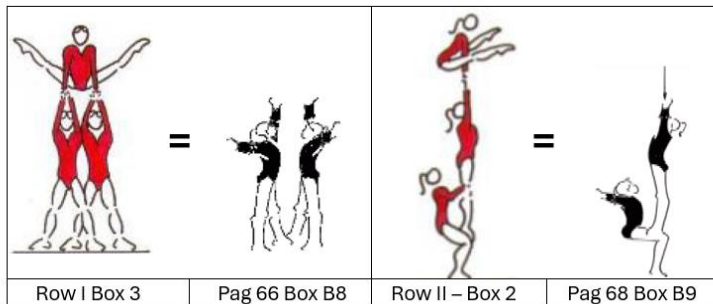
Clarifications

- 11-16 groups

Art 4.3 The Optional Pyramid may be selected from one of the same categories used for the Compulsory Elements. (Not a variant of a compulsory pyramid).

This means that variants of the compulsory pyramids of the same box in the TOD can **NOT** be done as an optional element.

Examples of pyramids that are considered as the same:



- **Base positions WG:**

- 1) By analogy with what was published in newsletter № 7 the following base position is considered as a variant of base position on **pg 68 D 5 V16** when the base is holding the middle partner on the leg.



- 2) 2 bases on the floor back to back = variant of Pg 66 B 6 = 2 bases face to face or variant of 2 bases side by side



- **General:** Published in previous newsletters elements who were considered as a variant in the past are still accepted as such when they are not inside the current TOD.
- **Mount Pairs:** Following Mount is considered as a variant of p. 31 E-B 24



THE ACROBATIC GYMNASTICS NEWSLETTER – N°8 – 2024

New element requests:

- **WP Base position**







Add at pg 19 the following **new base position**



- **WG Base position 1**



Add this new base position at pg 65 – C – 12b – Value 14

8	9	10	11	12a	12b
					
12	13	12	14	12	14

- **WG Base position 2**



This is **not a new** elements but a variant of pg 65 – C – 8 – Value 12

Calendar of approved FIG Acrobatic Gymnastics Events:

2024

Acro World Cup Series 2024:

- World Cup Burgas (BUL) 10 – 12 May 2024
- World Cup Maia (POR) 17 – 19 May 2024
- World Cup Rzeszow (POL) 31 May – 2 June 2024

Acro Academy level 1

Aalen – Germany, July 25-29, 2024

To Be Decided and in progress: Place and Date for the

- *13th World Age Group Competitions*
- *NEW: 1st Junior World Championships (Test event)*
- *29th World Championships*

Nikolina Hristova,
Vice president FIG ACRO TC



Rosy TAEYMANS
President FIG ACRO TC





LAUSANNE (SUI), August 2023

Dear Friends,

All members of the FIG ACRO TC hope you had a great summer with holidays, festivals and camps so you can start the new season full of energy.

The ACRO TC had an online working meeting to deal with all the received correspondence concerning new elements, questions and clarification to prepare this newsletter.

1. New element request

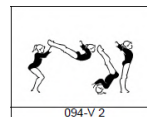
As a TC we have accepted the following position as a new element

Please add this position on pg 65 in box B2 as a new element with coordinate 2b Value 4.

	1	2	2b	3
B				
	3		4	5

2. Questions and answers

- **Q 1:** Hecht dive roll (ToD element no. 094) –



Is there a requirement to show hyperextension when performing the flight phase of the element?

A: Yes

If yes, and no hyperextension is shown, would it still count as the same element from a difficulty judge's point of view or should the value of the element be deducted?

A: E-judges: Pg 39 Art 46.5.2: Technical deduction lack of amplitude of an element. 0.1 to 0.5 depending on how it is performed.

- **Q 2:** During the performance of the transition, in the pyramid of 2 base positions from the same category, the trio falls during the transition phase of the element. The trio climbs back up and performs the second static hold.

6	cat 3 - gr 3 - 3"	7		8	cat 3 - gr 3 - 3"
			→		
3	16	3	5	3	15
61/T2 A		61/T2 A		61/T2 A	
68/B7		p59		67/B12	

What happens to the difficulty?

A: The difficulty value must be removed for both transition (v8) and second static hold (v18), since the second hold was performed from a separate construction so it is not a transitional pyramid anymore and the category of the pyramid can not be repeated (pg 21 Art 20.8)

THE ACROBATIC GYMNASTICS NEWSLETTER – N°7 – 2023

- **Q 3:** WAGC rules 11-16, Art 2.9:

The landings of all dynamic elements and dismounts declared on the Tariff sheet must be supported. If the landing is performed without support, a 0.5 penalty is applied (DJ) for each occurrence.

How do we define **non-support**?

A: When the top lands alone without any assistance from the base (no physical contact).

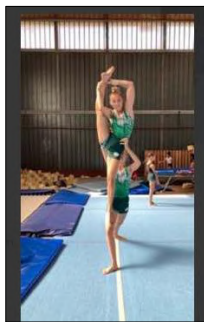
- **Q 4:** WAGC AG 11-16 rules: Can in the Balance exercise the Round off be used (multiple times)?

A: Round off **doesn't** count as an element in the balance exercise. (see PPT 3, slide 6 of the Judges education on the STS platform of FIG)

3. Clarifications:

- **Groups:**

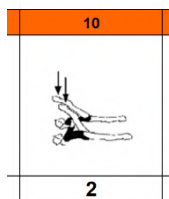
- Following base position is considered as a variant of base position on pg 68 D 5



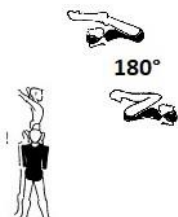
⇒ = variant



- Base position on Pg 65 A 10 can also be performed without the hand support on the knees but it will be considered as a variant of the original element with NO additional value.



- **Dynamic Women's Group:**



This element, Barani picked in back out, must be evaluated for difficulty by the General rule in the TOD on pg 8:

• All salto's performed in		position are considered the same as in		position.
They receive the same value and the same ID number.				

This means that the element is considered as the same as double tuck Value: 14+4

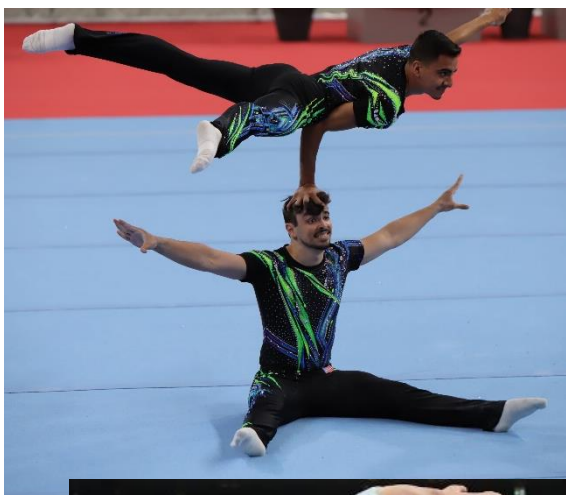
Report on the World Cup in Rzeszow(POL)

The last World Cup of the series in 2023 took place in Rzeszow Poland 9 – 11 June 2023.

With 101 participants from 15 countries, Azerbaijan, Belgium, China, Spain, Great Britain, Georgia, Germany, Ireland, Israel, Italia, Kazakhstan, Poland, Portugal, Ukraine, and USA this competition was this the biggest World Cup this year. After a long time, we had China back in the World Cup. This was really appreciated by the public and all participants.

The level was really high and the gymnasts presented amazing exercises. During the finals in all five categories gymnasts from 9 different countries won medals.

Many thanks to Polish Gymnastics Association and the organizing committee, who did a great job in organizing this event. It was great to be part of it.





Calendar of approved FIG Acrobatic Gymnastics Events:

2023

- 12th European Age Group Competitions – Varna (BUL) 12 – 15 October 2023
- 31st European Championships – Varna (BUL) 18 – 22 October 2023
- Junior and Senior Asian Championships – Tashkent (UZB) 18 – 20 October 2023

2024

- 13th World Age Group Competitions – Holon (ISR) 21 – 24 March 2024
- **NEW:** 1st Junior World Championships (Test event) – Holon (ISR) 24 March 2024
- 29th World Championships – Holon (ISR) 28– 31 March 2024

Acrobatic Gymnastics World Cup Series 2024

- World Cup Burgas (BUL) 10 – 12 May 2024
- World Cup Maia (POR) 17 – 19 May 2024
- World Cup Rzeszow (POL) 31 May – 2 June 2024

Rosy TAEYMANS
President of the Acrobatic Gymnastics Technical Committee





LAUSANNE (SUI), May 2023

Dear Friends,

The FIG Acro TC had the second working meeting of 2023 in Lausanne from 27-30 May 2023.

We want to inform you about the following:

- NEW: Junior World Championship
- Reports on the World Cups and Acro events
- Questions and answers
- New elements

1. Junior World Championship Acrobatic Gymnastics



We are proud, excited and very happy to announce that at its last meeting on 12-13 May in Antalya (TUR) the FIG Executive Committee (EC) approved a proposal from the Acrobatic Gymnastics Technical Committee to have a Junior World Championships in 2024 as a test event on the occasion of the 2024 Acrobatic Gymnastics World Age Group Competitions in Holon (ISR).

More information will be announced in the directives of the WAGC.

2. 11th FIG ACRO WORLD CUP in Maia - PORTUGAL



Participate: 91 gymnasts from AUT; AZE; KAZ; ESP GBR; GER; ISR; NED; POR; UKR; USA
Many thanks to Portugal Gymnastics Federation and the organizing committee, who did all
A great job with all the work that needs to be done as well as making the participants feel
comfortable during the competition!

Thanks for the effort, the collaboration and support of everyone, it was a celebration of our
beautiful discipline that showed a high level of technical skills in ACRO.

3. FIG ACRO WORLD CUP-Puurs – BELGIUM



The Sport complex “De Vrijhals” in Puurs received one more edition of the Acrobatics World Cup Series, between 6 and 8 of April 2023.

The TD of FIG for this competition was Bernardo Tomás, Vice President of the FIG ACRO TC.

The organizers welcomed 12 countries, Austria, Azerbaijan, Belgium, Great Britain, Georgia, Germany, Ireland, Israel, Kazakhstan, Portugal, Ukraine, and the United States of America, coming from 3 different continents.

The gymnasts presenting amazing exercises to the public and delegations always very enthusiastic and cheering the gymnasts during their routines.

In this event participated 97 gymnasts, 16 judges, 31 coaches and 14 officials, all gave the best of themselves to make it a great competition for everyone, in the sport complex completely full, at home by live streaming or live broadcast on TV during the finals.

It was a great competition, in the final in the 5 categories, 9 countries were present in the award ceremonies.

4. ACRO Education Ventures into New Territories: Expanding Opportunities for Acrobatic Gymnastics in Asia.

From May 21st to 26th 2023, the ACRO Training camp for coaches was held in Bangkok, Thailand, as a part of the Asian Development Project for 2023. The Thailand Gymnastics Federation hosted the camp aimed to propel the development of Acrobatic Gymnastics in Asia.

The FIG ACRO TC Vice President, Nikolina Hristova, was invited to lead the camp.

The participating countries in the camp were: Thailand, Kazakhstan, Kyrgyzstan, Laos, Hong Kong, Uzbekistan, Philippines, and India.



A total of 24 coaches joined each activity with great interest, curiosity, and excitement, displaying their dedication and determination in order to improve in Acrobatic Gymnastics.

THE ACROBATIC GYMNASTICS NEWSLETTER – N°6 – 2023

Every day were provided theoretical and practical lectures. All participants did a fantastic job during these five days. The new countries present expressed their desire to join the ACRO family and participate in international competitions.



We, FIG ACRO TC, thank A-Rahman Al-Shathri – President of AGU and AGU Acro TC President Aigul Dukenbayeva, for providing the opportunity and showing a solid commitment to developing Acrobatic Gymnastics in Asia.

5. Questions and answers

1. **Q:** Is this element a horizontal catch or is the following rule affective in this element:
COP Art 23.3 page 24:
Swing and cannonball start– and finish positions are NOT considered as horizontal positions



A: This element is starting out of a swing start position but the **finish position is a horizontal catch.**

2. **Q:** Regarding individual No 62, how it needs to be performed - is it in box splits with chest on the floor or Japana (legs at 90 with chest on the floor)?



A: Both positions can be considered as individual element Pg 120 - Nr 62.

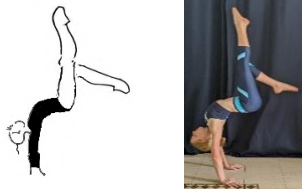


THE ACROBATIC GYMNASTICS NEWSLETTER – N°6 – 2023

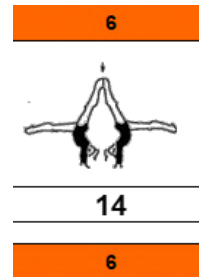
6. Clarifications:

- Following was published in NL 11 2022:

Handstand: Following position is considered as a variation of a straight handstand with a value = 2 on low arm and a value 4 high



Therefore the following element is considered as a variant of Pg 65_C6 V 14



- **Groups:**

Transitional pyramids:

Article 20.15 is saying that base positions must be from one box to another but also 20.9 should be applied. This means that going back to a previous used box is not possible for difficulty. Please find examples below.

 3"		 3"		 3"	<table border="1"> <tr><td>31</td></tr> </table>	31																																																								
31																																																														
<table border="1"> <tr><td>2</td><td></td><td>11</td></tr> <tr><td colspan="3">61/TZA</td></tr> <tr><td colspan="3">70C5</td></tr> </table>	2		11	61/TZA			70C5			<table border="1"> <tr><td>2</td><td>4</td><td>1</td></tr> <tr><td colspan="3">61TZA</td></tr> <tr><td colspan="3">61TZA-D</td></tr> <tr><td colspan="3">59</td></tr> </table>	2	4	1	61TZA			61TZA-D			59			<table border="1"> <tr><td>5</td><td></td><td>6</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">70D1</td></tr> </table>	5		6	61T2D			70D1			<table border="1"> <tr><td>5</td><td></td><td>4</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">59</td></tr> </table>	5		4	61T2D			59			<table border="1"> <tr><td>9</td><td></td><td>17</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">70C8</td></tr> </table>	9		17	61T2D			70C8			<table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table>									
2		11																																																												
61/TZA																																																														
70C5																																																														
2	4	1																																																												
61TZA																																																														
61TZA-D																																																														
59																																																														
5		6																																																												
61T2D																																																														
70D1																																																														
5		4																																																												
61T2D																																																														
59																																																														
9		17																																																												
61T2D																																																														
70C8																																																														
 3"		 3"		 3"	<table border="1"> <tr><td>62</td></tr> </table>	62																																																								
62																																																														
<table border="1"> <tr><td>3</td><td></td><td>16</td></tr> <tr><td colspan="3">61TZA</td></tr> <tr><td colspan="3">68B7</td></tr> </table>	3		16	61TZA			68B7			<table border="1"> <tr><td>3</td><td>3</td><td>6</td></tr> <tr><td colspan="3">61TZA</td></tr> <tr><td colspan="3">61TZA-D</td></tr> <tr><td colspan="3">59</td></tr> </table>	3	3	6	61TZA			61TZA-D			59			<table border="1"> <tr><td>14</td><td></td><td>17</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">67B11</td></tr> </table>	14		17	61T2D			67B11			<table border="1"> <tr><td>14</td><td></td><td>5</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">59</td></tr> </table>	14		5	61T2D			59			<table border="1"> <tr><td>14</td><td></td><td>14</td></tr> <tr><td colspan="3">61T2D</td></tr> <tr><td colspan="3">68B6</td></tr> </table>	14		14	61T2D			68B6			<table border="1"> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td></tr> </table>									
3		16																																																												
61TZA																																																														
68B7																																																														
3	3	6																																																												
61TZA																																																														
61TZA-D																																																														
59																																																														
14		17																																																												
61T2D																																																														
67B11																																																														
14		5																																																												
61T2D																																																														
59																																																														
14		14																																																												
61T2D																																																														
68B6																																																														



THE ACROBATIC GYMNASTICS NEWSLETTER – N°6 – 2023

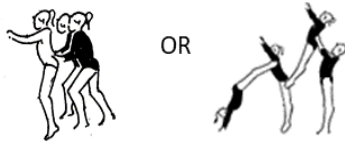
- Mounts:**

Cannonball PG 32_E can also be performed from the following start position:



- Dynamic Women's Group:**

Pg 74 start position 5 can also be performed by 1 base throwing the top.



- TOD Pg. 54**

Missing Finish Position in A and Pg. number in the PDF of the TOD .
Please find the correct Pg. 54 bellow:

Dynamic Elements

Top 180° Base turns 180° + 2 Base turns 180° + 2

Start	Finish Position																						
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
1																	014	5	6	8	12	15	18
2																	4	22	26	30	26	32	38
3																	4	24	28	32	28	34	40
4																	4	26					
5																							
6																							
7																							
8																							
9																							
10																							
11																							
12																							
13																							
14																							

	A	B	C	D	E	F	G	H
1	300	360	540	720	900	1080	1260	1440
2	300	2	4	6	9	12	15	18
3	300	1	2	4	6	9	12	14
4	300	2	4	6	9	12	15	18
5	300	1	3	5	7	9	11	13
6	300	4	8	4	16	12	24	20
7	300	2	4	6	8	10	12	16
8	300	5	7	9	11	13	16	19
9	300							
10	300							
11	1014							
12	1114							
13	1214							



Questions for ACRO Artistic judging 2023-2024 – adjusted

The following small adjustments were added:

PARTNERSHIP
Is there an acceptable level of maturity between all partners?
Is there a good level of technical and physical preparation between all partners?
Is there a visible consistent connection between all partners?
PERFORMANCE
Is the flow continuous throughout ?
Do all partners have great amplitude in the exercise ?
Is there synchronization between all partners throughout?
Is it original Choreography?
Does the partnership create a personal identity ?
EXPRESSION
Do all partners project the emotion of the exercise?
Do they maintain the emotion throughout the exercise?
Is there Harmony of the expression between the partners?
CREATIVITY
Do they show originality and inventiveness in the overall exercise?
Do they have special/different ways to get in and out of elements?
Do they show a variety of elements and perform rarely staged elements ?
MUSICALITY
Is the choreography in harmony with the music throughout?
Is the exercise performed without any interruption between choreo and elements?
Are the musical sentences, accents respected and used throughout?

Calendar of approved FIG Acrobatic Gymnastics Events:

2023 Acrobatic Gymnastics World Cup series:

- World Cup Rzeszow (POL) 9 – 11 June 2023

2023

- 12th European Age Group Competitions – Varna (BUL) 12 – 15 October 2023
- 31st European Championships – Varna (BUL) 18 – 22 October 2023
- 1st Junior Challenge 2023 (ACRO-AER-DMT-TU) – Anadia (POR) 27 – 29 October 2023

2024

- 13th World Age Group Competitions – Holon (ISR) 21 – 24 March 2024
- **NEW:** Junior World Championships (Test event) – Holon (ISR) 24 March 2024
- 29th World Championships – Holon (ISR) 28– 31 March 2024

Rosy TAEYMANS

President of the Acrobatic Gymnastics Technical Committee



LAUSANNE (SUI), February 2023

Dear Friends,

The FIG Acro TC had their first working meeting of 2023 in Lausanne from 2-5 February 2023.

We want to inform you about the following:

- International judges Course Lausanne
- Questions and answers received
- New elements evaluated



International Judges' course 2023

In February 2023 an International Judges' course was organised in Lausanne (SUI).

This course was giving the opportunity to a limited number of judges (ACRO 31 participants) to raise their category (from cat.4 to 3 or from cat.3 to 2). Following a one day course, the participants did a practical exam (D1,D2, A & E). 14 of the candidates were able to raise their category and additional 9 candidates can upgrade when they have the required experience. Congratulation to all.

Questions and answers

1. Q: 11-16 Compulsory Table Men's Pair Balance.

If a pair decides to do a series of Row IV box 3 (1" handstand to 3" straddle) to go into Row II box 6 (3" straddle to 3" crocodile), do they have to hold the straddle 2x 3" = 6", or just 3"?

A: When performed in a series : they have to hold the Straddle only 3" because it makes no sense at all to stay 6" in the same position.

2. Q: 11-16 Compulsory Table Women's Group Balance.

Row I box 5, is it supposed to be twice a 3" hold, or is it 1" to 3" (as the arrow goes both ways, implying only the second element needs to be 3")?

A: Twice a 3" hold. The arrows are only defining the direction (from straddle to crocodile OR from crocodile to straddle)

3. Q: The judges were instructed to take a deduction of 0.3 in execution when a base is standing too wide in stand and then goes to split, as it makes the motions to a split position much easier. Were can't we find this deduction in the CoP or Newsletters?

A: See Newsletter Nr 4 of the [previous cycle](#) (Cycle 2017-2021):


Clarification – In Pairs, when the base slides to splits, the starting position should be a normal standing position (feet approximately shoulder width apart). The base **MUST NOT** start with the feet so wide that they are almost half way to the split position before the motion of the base begins.




E- deduction: -0.3



THE ACROBATIC GYMNASTICS NEWSLETTER – N°5 – 2023

Q: Pair Base position Pg 18 n°15 . Can this position, but the base is in box split, be considered as a variant?

A: Box split can be considered as a variant of the Split position on Pg 18 N° 15 (V=1)

Q: Can WG base position  be considered as a variation of the position pg 65 D5 (v12)?

A: Yes, it can be considered as a variant of 65 D5 V=12

Because the top would be on both of the bases feet, pg 61-Table 2 should be used for the value of the top position.

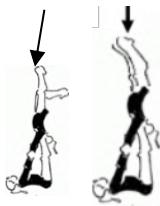
New Element requests:



Acro TC consider this as an artistic **variation of going into the tuck position cannonball Pg.32 C**. Therefore this element is NOT accepted as a new element and don't receive additional value.

Clarifications :

- The following clarification published in Newsletter Nr 11 June 2020 is still valid:
Base pyramid Pg 70 B9 with V16(one foot) can also be performed on two feet, ID and Value stay the same



- Base Pyramids Cat 2:
When 1 of the tops working stay in the same position while the second Top is changing position 3 times, the value of 1 Top is going out, but the values of the second Top is given.

Example:

Please find the links to the 2 video clips bellow and the corrections in the Tariff Sheet that need to be done by the DJ.

Declared video



X link Performed video





THE ACROBATIC GYMNASTICS NEWSLETTER – N°5 – 2023

D-judge action on the Tariff Sheet :

1	3"	2		3	3"	4		5		6		7	3"	8	
CAT-2 GR-2		CAT-2 GR-2		CAT-2 GR-2		CAT-2 GR-2		CAT-2 GR-1		CAT-2 GR-1		CAT-2 GR-1		CAT-2 GR-1	
2+2	9	4+4		8+5		1		8+5	2+2		2	3+5			//62 41
61/T1A /T2A		61T2A-D T1A-D		61 T2-D T1-D		61 T2-D T1-D		61 T2-D T1-D		61T2 A-B T1 A-E		61T2-B T1-E			
66 D-6		61T2A-D T1A-D				59		61T2 A-B T1 A-E		66 C-3					

Clarification:

TOD Pg. 51

Missing Finish Position in A and Pg. number in the PDF of the TOD.
Please find the correct Pg. 51 below:

Dynamic Elements

top 180°

Pairs																								
Front Salto																								
Finish Position																								
Start		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	
1	1	4	6	9	8	11	14	2	4	3	4	4	3	3	8	11	11	15	0/4	2	0	0	0	2
2	2	4	6	9	8	11	14	4	5	4	5	5	4	4	10	13	13	17	4	8	6	3	7	10
3	3	6	8	9	8	11	14	7	5	5	6	6	6	6	12	15	15	19	4	10	8	4	9	12
4	4	16	20	24	22	26	32	14	12	14	16	16	7	7	16	16	16	16	4	12	10	6	11	14
5	5	16	20	24	22	26	32	16	14	16	18	18	7	7	18	50			8	26	22			
6	6	16	20	24	22	26	32	6	16	14	18	18	7	7	18	50			4	28	24			
7	7	20	24	28	26	32	38	20	18	20	22	27	4	4	27				4					
8	8																							
9	9							10				11												
10	10							10				11												
11	11							10				11												
12	12							10				11												
13	13							10				11												
14	14							10				11												

	A	B	C	D	E	F	G	H		
1	0/4	1	2	3	4	5	6	8	10	
2	0/4	0	4	7	10	13	16	19	23	
3	0/4	1	2	3	4	5	6	8	10	12
4	0/4	2	4	6	8	12	16	20	24	
5	0/4	2	8	10	12	15	19	22	26	
6	0/4	2	5	8	11	14	18	19	23	
7	0/4	3	5	7	9	12	15	18	21	
8	0/4	3	8	12	16	20	24	28	32	
9	0/4	3	11	14	17	21	25	29	35	
10	0/4									
11	0/4									
12	0/4									
13	0/4									



Calendar of approved FIG Acrobatic Gymnastics Events:

2022 – 2023 Acrobatic Gymnastics World Cup series:

- World Cup Maia (POR) 10 – 12 March 2023
- World Cup Puurs (BEL) 6 – 9 April 2023
- World Cup Rzeszow (POL) 9 – 11 June 2023

2023

- **12th European Age Group Competitions – Varna (BUL)** 12 – 15 October 2023
- **31st European Championships – Varna (BUL)** 18 – 22 October 2023

2024

- **13th World Age Group Competitions – Holon (ISR)** 21 – 24 March 2024
- **29th World Championships – Holon (ISR)** 28– 31 March 2024



Rosy TAEYMANS
President of the Acrobatic Gymnastics Technical Committee

LAUSANNE (SUI), January 2023

Dear Friends,



The FIG Acro TC had another working meeting in Lausanne from 7-12 December 2022.



We want to inform you about the following:

1. 12th Asian ACRO Continental Championships



The 12th Asian Championship for seniors and juniors was held in Pavlodar (Kazakhstan) from 25th till the 27th of September. Participating countries were Hong Kong, India, Kazakhstan, Kyrgyzstan and Uzbekistan. The competition went great. The National team of Indian team brought 24 athletes, the emotions and compositions impressed the entire audience. The team of Kazakhstan and Uzbekistan among them had an interesting battle for the medals. Unfortunately Team Iran and Turkmenistan could not participate.



International judges from Azerbaijan, Georgia, Germany, Poland and South Africa were invited. Thanks to all of them. Beautiful medals, prepared for this competition by the Federation of Kazakhstan, were very appreciated by the participants. All the athletes went home with happy faces!

2. PAGU Acrobatic Continental Championships, Bogota, Colombia– November 18 – 20, 2022

After the postponement of the 2021 event, the 4th PAGU Acrobatic Gymnastics Championships took place with, Brazil, Canada, Colombia, Mexico, Puerto Rico, United States of America and Venezuela.

A total of 107 gymnasts participated in the competition, along with 15 judges, 19 coaches, and 31 officials, the event also provided the opportunity for a training camp for the Colombian team, and education for the judges.



For the first time roundtable of the PAGU countries was held, and the first official Pan American Acro athlete meeting, with 40 gymnasts present.

3. ACRO DEVELOPMENT CAMP IN ADIS ABABA, ETHIOPIA

From December 15th to 20th, 2022, an ACRO Training camp was held in Addis Ababa as part of the UAG Development Program. The Ethiopian Gymnastic Federation hosted the camp intending to develop acrobatic gymnastics in Ethiopia. The lectures and practical activities Nikolina Hristova (Vice President FIG ACRO TC) were held in Addis Ababa Gymnastics Federation Gymnasium, equipped with the most modest necessary conditions for developing acrobatic gymnastics.

A total of 38 participants: 16 coaches and 22 gymnasts followed each activity with great interest, curiosity, and excitement.





The camp included educational theoretical and practical introductory sessions to ACRO for coaches and gymnasts.

On the last day, the President of the Ethiopian Gymnastics Federation – Mr. Gebeyaw Takele visited the camp. He clearly expressed his intentions for the future development of acrobatic gymnastics in Ethiopia. He also says his expectation of the coaches and the gymnasts is to work very seriously and at a high technical level.

We want to express our gratitude to the African Gymnastic Union, and his President Dr. Ehab Amin Esawy as well as to Heba El-Bourini – UAG Secretary General for this opportunity and the desire to develop Acrobatic Gymnastics in Africa.

1. Questions & Answers

Q: 11-16 compulsory elements: Can a straight salto be performed with split legs?

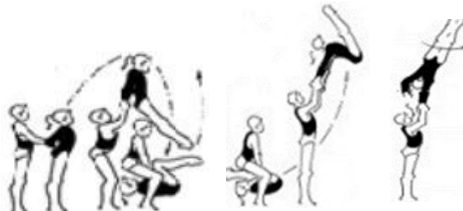
A: By the rules (pg 24 , Art 2.3) this is NOT allowed.

*2.3 Each pair/group, in one exercise, **must perform as in the drawings** (See table of variations allowed, pg 31), the Compulsory Elements illustrated in the Compulsory Element Table.*

2. Clarifications :

Element request :

Mount - Top goes from stand to cannonball swing, open in a dislocate motion, diamidov 360° or 720° to low or high handstand.



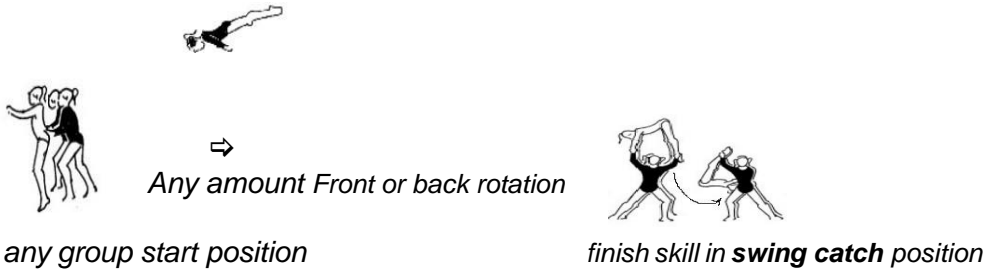
This skill is similar to mount pg. 32-E, however is different because the opening from cannonball to Diamidov is performed as a **dislocate** motion instead of **inlocate** (opens opposite).

After evaluation the FIG ACRO TC consider this as a variation of element A(disloc) on Pg 34 with additional value for (360° +4) and (720° +6)

THE ACROBATIC GYMNASTICS NEWSLETTER – N° 4 – 2023

New catch position:

Dynamic catch position - bases grab top's wrists and ankles and go into a swing - same as start position on pg. 78 #53.



The FIG ACRO TC accept this new finish position as a variant of following catch position: There is a - 2 value because the catch is horizontal with 4 point of support



D-Judging:

Q: During the performance of the below the pair falls during the motion phase of the element (slide to split). The pair climbs back up and performs the static hold (base in split top in handstand).

What happens with the difficulty??

- Should difficulty value be removed for the whole element, motion (v7) and static hold (v7), since the element declared was a motion into a static hold?
- Or should difficulty value for the motion be removed and value for the static hold (v7) only be given since the pair did rebuild and performed the static hold?

7	8	9
1"	↘	3"
4	3	4
P19 T4D		P19 T4D
P19T6HJ		P19 17

A: The FIG ACRO TC decided in favor for the gymnasts:

Difficulty value for the motion must be taken out and the value for the static hold (v7) can be given since the pair did rebuild and performed the static hold.

3. Information:

- **Age Group Rules** on the website: are replaced by a version where the compulsory elements are connected to the video clips.
- **New Artistry judging document** is published on the STS platform. This will be used at the exam and on every FIG competition.
- **Judges exam Lausanne February:** New PPT for preparation of the exam is available on STS



Calendar of approved FIG Acrobatic Gymnastics Events:

2023 World Cup series:

- World Cup Maia (POR) 10 – 12 March 2023
- World Cup Puurs-Sint-Amunds (BEL) 6 – 9 April 2023
- World Cup Rzeszow (POL) 9 – 11 June 2023

2023 other events:

- 12th European Age Group Competitions – Varna (BUL) 12 – 15 October 2023
- 31st European Junior and Senior Championships – Varna (BUL) 18 – 22 October 2023

2024: NEW APPROVED DATES !

- 13th World Age Group Competitions – Holon (ISR) 21 – 24 March 2024
- 29th World Championships – Holon (ISR) 28 – 31 March 2024

Rosy TAEYMANS
President of the Acrobatic Gymnastics Technical Committee

LAUSANNE (SUI), July 2022

Dear Friends,

The newly elected ACRO TC had their first working meeting in Lausanne from 20-24 June 2022.



We want to inform you about the following:

1. Academy ACRO Level 3 in Aalen (GER) 18 – 24 April 2022

Germany hosted, after two Level 2 academies in 2018 and 2019, a Level 3 Academy in the city of Aalen. A record of 23 participants from 13 federations (AUT, BEL, BRA, ESP, FRA, GBR, GER, HUN, ISR, ITA, NED, POR & USA) attended this successful academy.

The course leader was Chris Evans from GBR assisted by ACRO experts Lourenco Franca (POR) and Sergey Tretyakov (BEL). Due Covid-19, the lessons in Psychology were given online by Thomas Heinen (GER).



Congratulations to ALL!

2. ACRO World Cups

- **10th MAIA FIG ACRO WORLD CUP**

This event took place on 13 – 15 May 2022. There were 99 gymnasts participating from 12 countries of 3 continents (AUS, AUT, AZE, BEL, ESP, GBR, GER, ISR, ITA, POR, UKR, USA). The FIG Technical Delegate for this event, Wieslawa Milewska, would like to express her sincere appreciation on behalf of the FIG as well as the ACRO TC to the Gymnastics Federation of Portugal, the Authority of Maia and the Local Organizing Committee, who all did an excellent job. We also want to express our appreciation to Acro - Companion who facilitated for the first time the opportunity to judge the Technical Execution using a Real Time judging system. It was a really good experience which will help us to improve the fairness and accuracy in judging in the future.



- **FIG Acro World Cup 3rd – 5th June 2022, RZESZOW, Poland**

Nikolina HRISTOVA was the Technical Delegate for this event, and she would like to express her sincere appreciation on behalf of the FIG ACRO TC to the Polish Gymnastics Federation as well as the local organizing committee, who did a good job.

The gymnasts were provided with high-level competition facilities and conditions. Many thanks to the staff of the LOC and the volunteers who fulfilled their responsibilities in a professional manner, ensuring a high level and success of the event.



3. Questions & Answers

Code of Points

1. **Q:** If the base of a pair moves to split, with the knee going first to the floor and then moves to split, does the element count for SR?

A: Yes in 12-18, Juniors and Seniors, this is only a different technique. In 11-16 these are different elements

2. **Q:** In slide to split, if attempting to slide directly to split (with straight legs), is there any execution deduction for touching the knee on the floor?

A: a deduction should be given when the back leg is not straight (and therefore it will touch the floor) (perfect lines and positions deduction: 0.1- 0.2)

3. **Q:** Is the motion of the base with 180° turn, for example, considered the same as the same motion without the turn?

A: No, Motions of the base with a turn are considered as a different element



THE ACROBATIC GYMNASTICS NEWSLETTER – N° 3 – 2022

4. **Q:** Does article 19.6 mean Base and/or Top?

A: Yes, Base AND Top

19.6: *The base and the top may not change the point of support during a motion.*

5. **Q:** There is a new deduction for a base in a sit position, with the legs open more than 90 degrees. Are we supposed to take this deduction?

A: Yes, the base will receive the correct deduction

6. **Q:** When you perform a Mount to a low arm, can you perform the same Mount to a high arm, or does it still count as the same Mount?

A: You will use the same element start box, so it is still the same mount.

7. **Q:** 20.18 is not for pairs?

A: The same reasoning is being used in Pairs but the article 20.18 is only for Groups

8. **Q:** In transitional pyramids, when you go from a 3 second hold into a 3 second and you go to stand on shoulders of your partners, value top is 0. While building second pyramid, there is a fall to the ground, do we use art. 21.3: no time faults OR is it 0,9 because pyramid already started?

A: Yes, 0.9

9. **Q:** When one of the transitional pyramids has a TF, the transitional value remains?


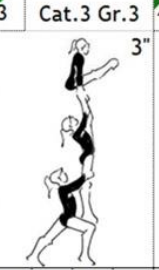

A: Yes

10. **Q:** If there is a fall during a transition and the 2 pyramids are of the **same** category, can they rebuild the second base pyramid??

A: No

11. **Q:** Is the following a repetition of category if they do?:

A: No

	1	Cat.4 Gr.4	2		3	Cat.3 Gr.3	4		5	Cat.4 Gr. 4
								→		
Value	16	28			6	16	6	11	7	24
SH	61 2E				64 12A			64 12A	64 12A	
Top										
Base	69 A5				68 D5			59	69 A5	

12. **Q:** In a transitional pyramid, if top maintains the same position throughout the transition and at the end of the transition moves to another position, the value of top's motion is seen in the difficulty group of the first base pyramid or in the difficulty group of the second base pyramid (since this is where the top motion is made)?

A: Value of the motion of the top is determined by the value of the BASE position on which the TOP is performing the motion, in this case the second one.



THE ACROBATIC GYMNASTICS NEWSLETTER – N° 3 – 2022

13. Q: The base(s) must start the motion before the top starts a motion. What does the DJ do for the element if this does not occur, and instead, the top start to move first?

A: In a motion or transition of the base(s) you receive the difficulty of the START position of the TOP. This means the TOP must be in a position of value at the moment the motion of the base(s) starts.

If the TOP is not in the Static position of the previous Static hold, they lose the value of the static hold of the Top DURING the motion /transition.

14. Q: Can we penalize a *reception* if the feet are *not* joined?

A: If you mean by “reception” landing on the floor after a P/G or individual element, yes there will be a deduction.

15. Q: Article 36.4: criteria for evaluation, in terms of the amplitude of performance, it says "choreographic elements". Should we judge choreography in *execution*?

A: Choreographic elements, example: “grand jeté or pirouette or jump with 720° turn”, **Yes**

JUDGING ARTISTRY

16. Q: If one or more partners falls in the Choreo **at same time**, is it 1,0 or 2,0 points in falls?

A: **1.0 point**

17. Q: When is there a fall in a series, what is the impact on artistic judgment?

A: it depends on the impact in the flow of the exercise and results always in a lower mark in “performance”.

TABLES OF DIFFICULTY

18. Q: Do the legs together +1 value from general rules ever apply during **a motion**, if the legs are together the whole time?

A: Legs together + 1 can be added in a static **position of the top and during a motion of the base**

19. Q: Pg 15 - other arch/ring positions, is there any plus value for these positions:



A: No, only the ones indicated on Pg 7 the others are considered as a variant of the original with the same value and the same ID.

20. Q: The minus (-) value in the general rules regarding to the motion of the base are only applied to the motion and not the motion + static position of the base correctly?

A: Yes, correct only in the motion of the base

21. Q: Mounts - Pg 28 - A... Is this skill with a tuck or pike shape?

A: It is just a jump into handstand and you can choose how.

Q: If tuck, can the +2 value for performance in pike apply to this mount?

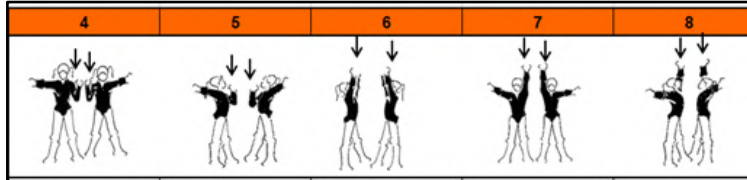
A: No



THE ACROBATIC GYMNASTICS NEWSLETTER – N° 3 – 2022

22. Q: Base position in WG, two bases on the floor, the additional value for handstand in WP and WG of the General rules in the TOD on Pg 9 be applied?

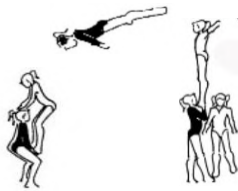
A: No, for these positions you don't receive the Additional value.



23. Q: Finish position from the general rules for WP DYN box 4 minus value finish position, does that position also count for additional difficulty for WP DYN salto with 4/4 rotation or more caught in the hands of the base?

A: Landing with the shoulders in the hands of the Base and landing with the hands of the TOP on the Shoulders of the Base are NOT considered as "Caught in Hands" so **NO additional Value** is given.

24. Q: Is it applicable for WG when one of the bases catch to the top in the hands 4/4 vertical position?
For example. 74, 1, 4-U / V 22.

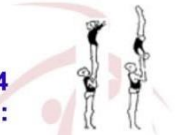


General Rules

• **Additional Difficulty for WOMEN'S PAIR Dynamic:**

1. Saltos with **4/4** rotation or more, **caught in the hands** of the base, Top in vertical position, receive an additional value of **+4**

Examples:



A: NO. This +V is applying only for WP dynamic and not for WG. In women's groups this catch is already rewarded in the TOD

25. Q: Can this position be used as a catch position? If so, would it be identified as "V" finish position? Variation of bases side by side?

A: Yes



Q: Please clarify where second base's hands can be? Only under support of the foot? Can they be around the ankle or calf?

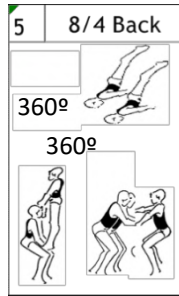
A: Can be around the ankles, **NOT the calf**



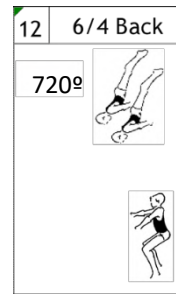
THE ACROBATIC GYMNASTICS NEWSLETTER – N° 3 – 2022

26. Q: In a declared exercise like this 8/4 salto with 360° + 360°, we should give difficulty for this, for example 8/4 (18v) + 360° (8v) + 360° (8v) = 34v or, by the way, if doesn't matter where they perform the twists, we should give 8/4 (18v) + 720° (12v)= 30v. Regardless of how it is declared.

A: NO, you have to give to logical answer by the drawing and the twisting in each salto:



Twisting value is 2X 360°



Twisting value is 1X 720°

Q: How will this work for value for saltos with 180° twist which now can be either front or back saltos? Value can be different for each direction.

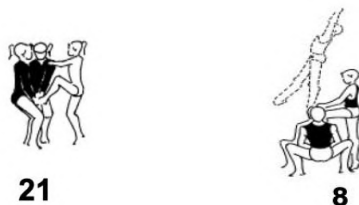
A: Also, in this case you have to give the logical answer by the drawing, take in consideration start and finish position of the element.

27. Q: What is the difference between these elements?



A: *N° 34 is preceded by a Round-Off or/and Flic-Flac,
*N° 34a is starting from stand with a backward jump.

28. Q: Are these 2 elements the same?



A: MG start position 8 can be considered as a variant of position 21 in WG



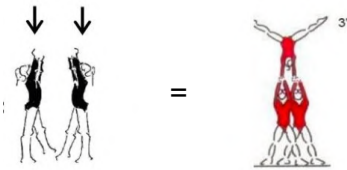
THE ACROBATIC GYMNASTICS NEWSLETTER – N° 3 – 2022

29. Q: If unsupported landing is declared and not performed, what is the penalty?
Is only additional value removed (like legs together in handstand) or whole element?

A: Only additional value removed

30. Q: In the newsletter 13, appear this clarification, but a lot of WG use this base with these elements. But usually, WG use it with 4 or 3 points of support, when in the base position only there are 2 points of support. Pairs do it well, so... In WG:

2) Trio Base position pg 65-D6, Category 1, can also be performed standing side by side and is considered as a variant with the same coordinates.



It is correct?

A: YES, following TOD, pg.58 row 3/ vertical 9 and pg. 61-Tab. 5 the base and the top positions are correct.



Q: Additional support? 0,5 penalty?

A: No





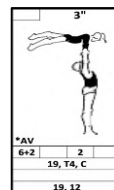
INDIVIDUAL ELEMENTS

31. **Q:** Jun and Sen may 1 partner do 3 individuals and another none or less?
A: When performed in a series less = Yes. None = No
32. **Q:** 11-16 and 12-18, one partner could perform 3 individuals of the category flexibility for example?
A: Yes
33. **Q:** Will they be penalized in artistry?
A: No
34. **Q:** Could the individual elements be the same in dynamic and in balance routine? For example, base will make flick to one in both routines.
A: Yes
35. **Q:** If the individual elements from Flexibility – Agility – Balance, are performed linked (ex: agility followed by split followed by headstand), should this be considered like a series?
A: Yes
36. **Q:** And for execution should be considered to 1.0 penalty maximum (each gymnast)?
A: Yes
37. **Q:** What is “Waterfall”?
A: In “waterfall” means, partner needs to start **before** the other partner finishes the individual element.

Age Group 11-16

Balance:

38. **Q:** Can they do Planche from Appendix 4, V 9.



A: YES. Because in the TOD this element is value 10, we added it in the Optional Tables of 11 – 16 so pairs can perform this element with the **ID of the Age group rules: AG P12(V=9)**

Dynamic:

39. **Q:** May the Elements from the compulsory table be shown as link?
A: Yes



Correction:

MG Balance: Pg 85

Men's Group:
How to look for the value of the top.
In the left column of vertical boxes you have typical middle positions. In all the others boxes you have variations of these middle positions.
The difficulty of the top in these different positions depends on the value of the left column holds.
The value of these holds you can find at the tables **Pg 88, 89, 90, 91.**

	1	2	3	4	5	6

To define the base position from Pg 92 to 99, the following different points of support are considered as identical

Page 1

85 Pos Top 86 MG Transitions 87 MG Mounts 88 MG Bal Top 89 MG Bal Top 90 MG Bal Top

Calendar of approved FIG Acrobatic Gymnastics Events:

2022 – 2023 Acrobatic Gymnastics World Cup series:

- World Cup Aalen (GER) 3 – 5 November 2022
- World Cup Maia (POR) 10 – 12 March 2023
- World Cup Puurs (BEL) 7 – 9 April 2023
- *World Cup Rzeszow (POL) 9 – 11 June 2023 (approval pending)*

2023

- **12th European Age Group Competitions – Varna (BUL) 12 – 15 October 2023**
- **31st European Championships – Varna (BUL) 18 – 22 October 2023**

2024

- **13th World Age Group Competitions – Holon (ISR) 22 – 28 May 2024**
- **29th World Championships – Holon (ISR) 31 May – 2 June 2024**

Rosy TAEYMANS
President of the Acrobatic Gymnastics Technical Committee

LAUSANNE (SUI), April 15, 2022

Dear friends,

I want to congratulate all **ACRO judges** who passed the online test, maintain their category or received their Category 4 brevet. We have more international judges in more countries and this will only help Acrobatic Gymnastics to develop around the World.

World Age Group Competitions and World Championships in Baku

Thank you, BAKU!

Covid-19 and the War in Ukraine had a big impact on our competitions in Baku, but thanks to the effort, collaboration and support of everyone, it was still a celebration for our beautiful discipline that showed a high level of technical skills and Artistic performances but also that blind trust, responsibility and friendship between the partners are crucial in ACRO.

The World Games in Birmingham USA is our next World event. Let's show ACRO to the World in the best possible way, and of course, we are looking forward to meet again with all our National Federation in 2 years in Israel at our next World Championships.

Acrobatics on the FIG YouTube channel:

The FIG published on the FIG YouTube channel videos from the 2022 World Championships in BAKU.















Additional clarifications and corrections in the ACRO documents after the World Championships:

Please make the following corrections, identified in yellow, in the ACRO COP, AGR and TOD 2022 – these will be updated and corrected in the final versions, to be published in April 2022.

1. AGR:

Page 41 Optional elements MEN'S GROUP
Missing base positions AG MGB 2, 3 and 5 added

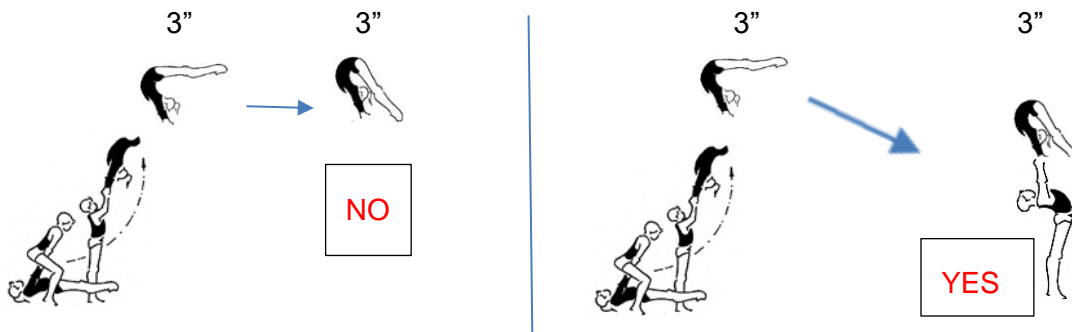
			
Base Value	5	Plus	1
ID Code	AG MGB 2	Plus	A
			
Base Value	7	Plus	1
ID Code	AG MGB 3	Plus	A
			
Base Value	10	Plus	2
ID Code	AG MGB 4	Plus	A
			
Base Value	12	Plus	2
ID Code	AG MGB 5	Plus	A

2. COP:

Clarification:

To receive difficulty for 2 different Top positions of the same box it is **not allowed** to perform those two static holds from the same category (BOX page 15 General Rules) one after another **without** anything (e.g. motion of the base) in between.

Example Mount to Mexican 3" and then deep Mexican 3".













Clarification:

20.18 (4th bullet point) - The top/base is not allowed to use an additional/different point of support in the static hold **during** a transition **for the Top's Start position** to be credited with difficulty.

In this case, when an additional/different point of support is used by the top/base during the transition, the top is considered to be in a position of no value, therefore the difficulty value of the top is zero (0), but the transition value for the base is given. The static hold before the transition and the static hold after the transition may be on different points of support.










3. TOD











Page 31 A and B the Top position is reversed in the pictures.








					
		A	B		
Start					
		1	2	3	4
A	 180°+2	7	11	15	19
B	 360°+4	7	11	15	19

Clarification:

All mounts must be performed as indicated in the TOD.

	p.28/A
	p.28/D p.28/D
	p.28/F
	p.29/B
	p.29/F
	p.30/A
	p.30/C
	p.31/A
	p.31/E



	p.32/C
	p.32/D
	p.32/E p.32/E
	p.32/F
	p.33/A
	p.33/B
	p.33/C
	p.33/D
	p.33/D
	p.34/B

	p.36/B
	p.38/A
	p.38/B
	p.39/A
	p.40/A
	p.40/E
	P.40/G






THE ACROBATIC GYMNASTICS NEWSLETTER – Nr 2 –2022

Page 39: A-D 35: DV NOT 39 but 29 (this was a Typo)

				
D				
				
31	32	33	34	35
13		23		29









Page 66 (WG Balance): the line between F2 and F3 should be removed and become one Box.

	1	2	3
F			
	7	6	8

Page 79: WG Dynamic): add V 25 in the twisting table box 9F

	A	B	C	D	E	F	G	H	
	Twist	180	360	540	720	900	1080	1260	1440
1	0/4	1	2	3	4	5	6	7	
2	1/4	1	2	3	4	5	6	7	
3	2/4	1	2	3	4	5	6	7	
4	3/4	2	6	10	14	18			
5	4/4	2	8	10	12	14	16		
6	5/4	2	4	6	8	10			
7	6/4	2	4	6	8	10			
8	7/4	3	7	11	15	19			
9	8/4	3	9	13	17	21	25		
10	9/4	4	8	12	16	20			
11	10/4	4	8	12	16	20			
12	11/4	6	10	14	18				
13	12/4	6	14	18	22				

Page 93 (MG): - pictures in box 2 – 4 – 6 – 8 are adjusted

	1	2	3	4	5	6	7	8
C								
	5	6	8	9	6	7	10	11



Calendar of FIG Acrobatic Gymnastics Events:

2022

- **Acrobatic Gymnastics World Cups 2022:**
 1. World Cup, 13 – 15 May 2022, Maia – POR
 2. World Cup, 3 – 5 June 2022, Rzeszow – POL
- The World Games, 15 – 17 July 2022, Birmingham AL – USA

2024

- 13th WAGC and 29th WCH, 19 May – 3 June 2024, Holon - ISR

Promotion of ACRO by social media:

When something happens in the World of Acro, we absolutely want to hear about it. We'll do articles for the FIG website. We'll work with you to arrange interviews. We'll share the news on Facebook and Twitter. Sending us news and pictures of honors gymnasts receive, of cool things they're doing when they aren't in the gym, their special projects, anything unusual would be excellent. Please contact the FIG media department at:

mediafig@fig-gymnastics.org



Rosy TAEYMANS

President of the Acrobatic Gymnastics Technical Committee

THE ACROBATIC GYMNASTICS NEWSLETTER – Nr 1 –2022

LAUSANNE (SUI), January 5, 2022

Dear friends,

In the name of the ACRO TC I want to wish everyone a healthy and successful 2022. Also we want to wish all candidate judges the best with the online test to maintain their category and for the new candidates to get their Category 4 brevet. Let's work hard to make ACRO more famous around the world. We can do it together!!!

Corrections in the ACRO Tables of Difficulty:

Please make the following corrections, identified in yellow, in the ACRO TOD 2022 – these will be updated and corrected in the final versions, to be published in February 2022.

TOD:

Women's Group Static

Pg 69: add following positions in

1. box D-11/12 as 11b /12b
2. box E-1

	1	2	3	4	5	6	7	8	9	10	11	11b	12	12b	13
D															
	11	13	11	9	11	9	11	12	11	12	10	10	12	12	14
E															
	44														
1 group - difficulty 1 - 8; 2 group - difficulty 9 - 13; 3 group - difficulty 14 - 17; 4 group - difficulty 18															
... 64 WG Bal Top(4) 65 WG Cat1 66 WG Cat1-2 67 WG Cat3 68 WG Cat3 69 WG Cat4 70 Wl ...															

Men's Group Static:

Pg 95: close Box C at the end with a line

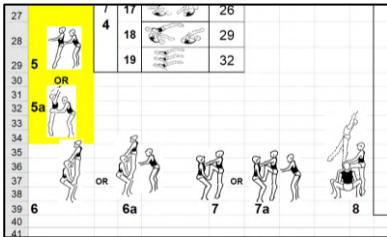
	1	2	3	4	5	6	7	8	9	10	11	12
C												
	10	12	14	16	12	14	16	18	12	15	14	17

Pg 98: close Box B at the end with a line

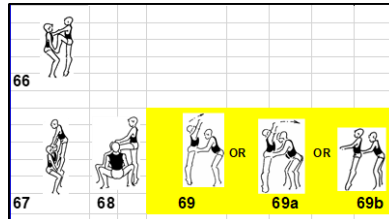
	1	2	3	4	5	6	7	8	9	10	11	12
B												
	22	24	23	25	10	11	12	13	11	12	13	14

Men's Group Dynamic:

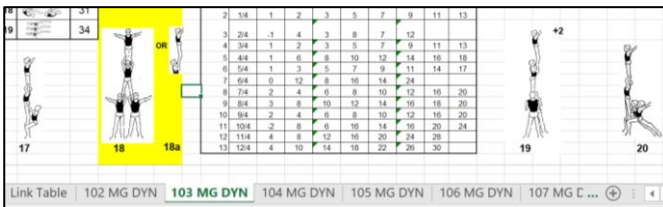
Pg 102: add position 5a



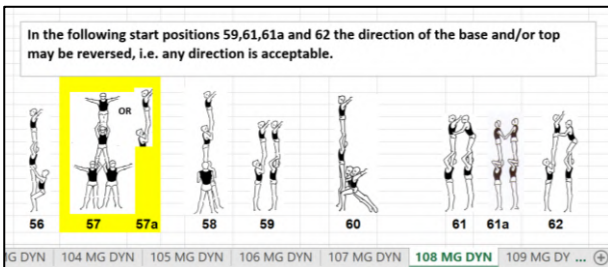
Pg 109 : add position 69b



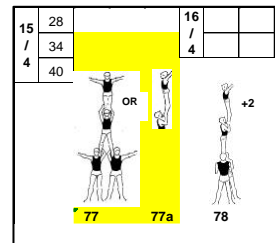
Pg 103: add position 18a



Pg 108: add position 57a



Pg 109: add position 77a



Questions and answers:

1. **Question:** Is a mount performed without a turn or with a turn considered as a different element, even it is the same box with the same ID???

Answer: No, each mount (each box) can be performed only once in the whole exercise.

2. **Question:** Does a different element than declared on the TSH count for SR?

Answer: Yes, the exception in 15.5 prevails on the general statement in the chapter of submission of TSH in article 38.8

Example:

If a pair is performing only 5 Dynamic elements and only 1 is of them is a catch (all are on the TSH) and they do 1 additional dismount not declared on the TSH, this additional element will receive NO difficulty but will count for the SR of 6 elements but **not** for the SR of 2 catches, so there will be a SR deduction of 1.0 for missing 1 catch.



3. **Question:** *Tariff Sheet: in which box do we have to put the additional value for landing without support?*

In Box **C**

Calendar of FIG Acrobatic Gymnastics Events:

2022

- **Acrobatic Gymnastics World Cup Series 2022:**
 1. World Cup, 4 – 6 February 2022, Oktyabrsky – RUS
 2. World Cup, 8 – 10 April 2022, Puurs – BEL
 3. World Cup, 13 – 15 May 2022, Maia – POR
 4. World Cup, 3 – 5 June 2022, Rzeszow – POL
- 12th WAGC, 3 – 6 March 2022, Baku – AZE
- 28th World Championships, 10 – 13 March 2022, Baku _ AZE
- The World Games, 15 – 17 July 2022, Birmingham AL – USA

2024

- 13th WAGC and 29th WCH, 19 May – 3 June 2024, Holon - ISR

Rosy TAEYMANS

President of the Acrobatic Gymnastics Technical Committee