



PYRAMIDES!



Acrobatic Gymnastics

NEWSLETTER – N° 03 – March 2025

LAUSANNE (SUI), March 2025

Dear ACRO Friends,

The newly elected Technical Committee held its first working meeting in Lausanne from March 2 to 4. I would like to express my deepest gratitude to Rosy Taeymans - former ACRO TC President, for her many years of hard work and dedication to our sport. Her passion and commitment have made a big difference in the acrobatics community, and we truly appreciate everything she has done.

I would also like to sincerely thank Wiesława Milewska, Frank Böhm, and Yuriy Goliak for the commitment and passion with which each of them served acrobatics.



To the new committee, I wish a successful and fulfilling term ahead. During our first meeting, everyone contributed valuable ideas and showed great enthusiasm for working together to improve the sport. I am confident we will achieve great results with such a dedicated team.

INFORMATION

FIG ACRO TC (2025-2028):

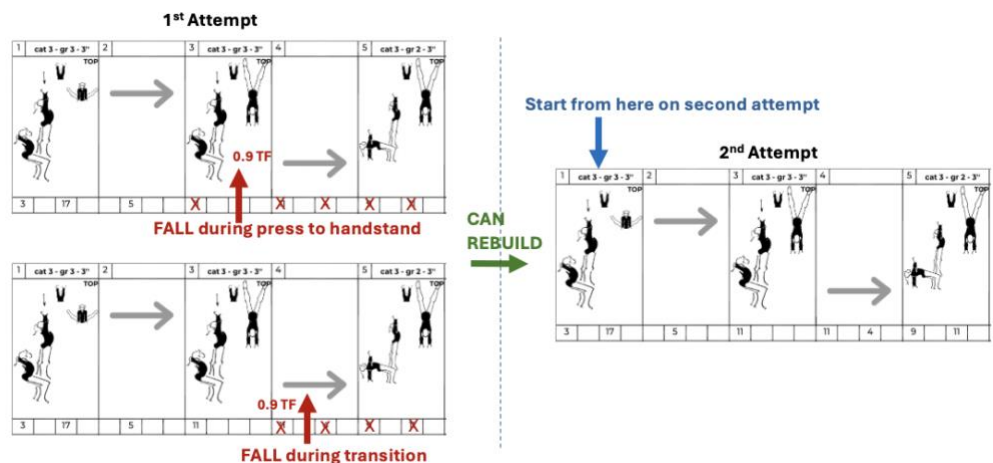
President	Nikolina HRISTOVA	BUL
1 st Vice-President	Irina NIKITINA	RUS
2 nd Vice-President	Juan Antonio León PRADOS	ESP
Member	Bernardo TOMÁS	POR
Member	Marco PALELLA	ITA
Member	Carisa LAUGHON	USA
Member	Amir MOZES	ISR
Athlete representative	Lore Vanden BERGHE	BEL

CLARIFICATION

Due to the numerous questions we received about repetition and rebuilding the transitional pyramid, we have made the following decision in favor of the gymnast:

Rebuilding the pyramid is not considered a repetition of the category.

If a group falls during any part of a **transitional pyramid** with base positions **from the same category**, the group is allowed to rebuild the pyramid but **MUST** start from the very beginning of the pyramid. See example:

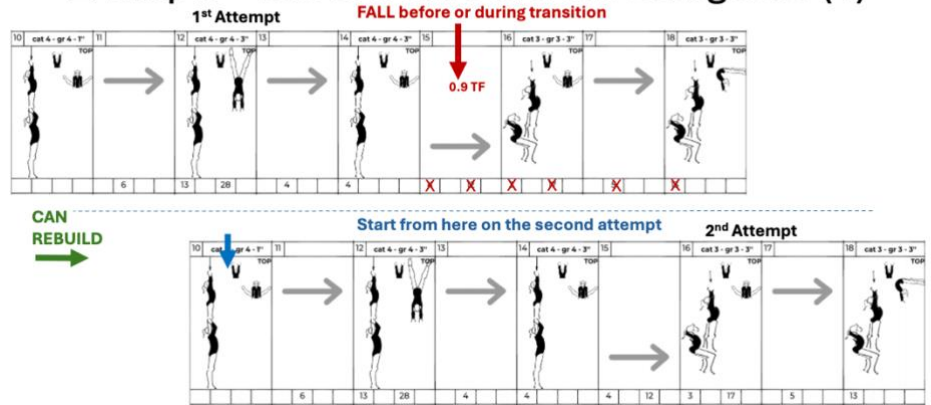




If the group falls during any part of a **transitional pyramid** with base positions from **different categories**:

Example – Bases from Different Categories (1)

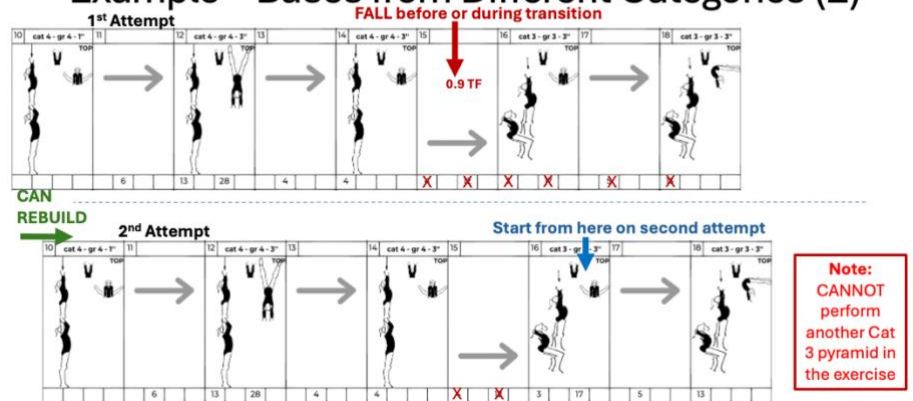
(1) The group is **allowed to rebuild the pyramid** but **MUST start from the very beginning of the pyramid**, exactly as written in the Tariff Sheet



OR

Example – Bases from Different Categories (2)

(2) The group can choose to rebuild starting from the base pyramid of the second category. In this case, the transition value is cut because the transition is not performed, but all other difficulty values can be awarded. Note Art 20.8 restricts the repetition of a category. Therefore, the group cannot perform two pyramids from the same category in the exercise.



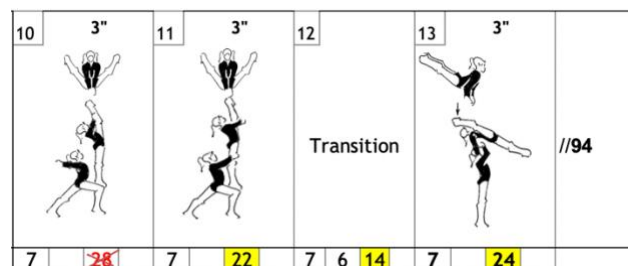
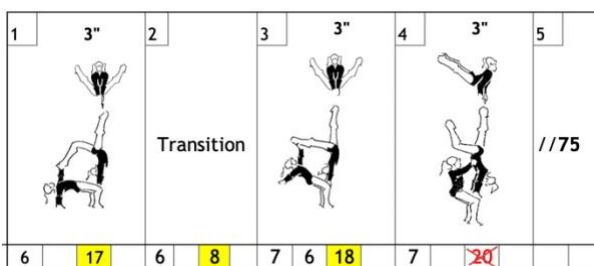
OR

(3) The group can also choose not to rebuild and lose difficulty for any elements not performed. All execution penalties and TF for both attempts are applied.

QUESTIONS & ANSWERS

Q 1: How to calculate the transition in a transitional pyramid when there is more than one base position of the same box?

A: Transitional pyramid must be from a 3" hold to a 3" hold. The base positions, immediately before and immediately after the transition, must receive value for the transition to be considered. In this case, the second sentence of **Article 20.9** (*In a pyramid with more than one base position of the same box, only the highest base difficulty value is given.*) **does not apply**. See examples below:





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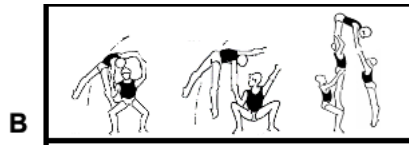


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Q 2: TOD, p. 80 mounts in M4 - in which row is this mount a variation?

A: Add this mount in row B, on p.80



Q 3: If a unit performs 4 static holds in a series (whether it is declared or not), it **can not** count for difficulty and also for SR. Please confirm this is correct.

A: YES, this is correct. It does not count for Diff. nor for SR.

Special Requirements: All elements that follow the rules can count for SR.

Difficulty: Only the elements that are both declared on the tariff sheet and actually performed can count for difficulty.

Q 4: Can some mounts, instead of starting in stand positions, start with the knees on the floor or in split, for example?

A: Mounts can be performed with base position other than standing. For example, base kneeling, in a sit or split.

Q 5: Can the TC give more guidance about the penalty for the base's legs being too wide in "Column," "Table," and "Bridge" positions in groups?

A: There will be no execution penalty for wide legs in the column or bridge /table position in **Groups**. However, in Pairs, a penalty of 0.3 must be applied when the base's legs are too wide (more than 90°).

Q 6: Can the motion from Planche to Straddle/Lever be performed with bent legs?

A: During the motion from handstand/planche to straddle/lever, legs should be straight. If the legs are bent, execution deductions from the tables of faults apply. This is the general principle applied for motions of the top.

Q 7: According to Art. 19.6, the top may change position once during the motion of the base. How should the DJ proceed if the top changes his/her position more than once?

A: The difficulty of the motion of the top will not be given, and according to art. 18.4. no additional difficulty is given for the motion of the base. To be credited for motion, the rules shall be fully applied.

Q 8: Flag position - can the TC provide further clarification that the flag position must be a bend from the side, not just a handstand with a split and slight tilt.

A: Please add this row with the ideal body position and the relevant mistakes in Appendix 1.

		Mistakes				
	Element	Ideal Position	0,1	0,2	0,3	0,5
3	Flag					
	Hip position 90 degree					
	Deep					





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Q 9: MG can work as two pairs. Is the maximum technical deduction 1.0 per pair or for the entire element?

A: We consider it one element, so the maximum deduction is 1.0.

Q 10: Please clarify how to perform the element on page 75/ 74 (helicopter). Can the bases rotate together with the top?

A: No, the base is not allowed to rotate along with the top. The rules will be effective from **1 January 2026**.

Q 11: Please clarify if the free landing in Seniors also applies to the middle of MG?

A: NO, extra value for landing without support in seniors is applied only to the top.

Q 12: Cartwheel: Must a cartwheel land facing side, as pictured, or can it finish in a lunge position as a tumbling element?

A: As a tumbling element, a cartwheel needs to proceed by motion and can finish either facing sideways or in a lunge position.

Clarification for horizontal catch and throw:

The ideal position is with bases' arms under the torso of the top. Execution deductions for specific catching and throwing errors apply as follows. The deductions can apply for catching and throwing, but the penalty should NOT be doubled (apply only once) for linked skills.



If the bases' arms are supporting under the upper back and shoulders = NO execution deduction



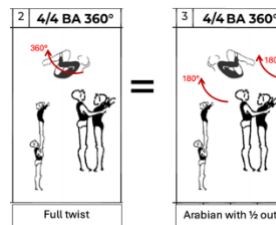
Base grabbing top's shoulder = -0.3 execution deduction



Base supporting neck/head of the top = -0.5 execution deduction.

Clarification for twisting in single salto

The rule on page 8 of ToD (b.p. 2 & 3 at the bottom of the page) does not apply for twisting in a single salto. Twisting in a single salto cannot be divided between the beginning and end of the salto. Only the total amount of twisting is considered.



YJR 11-16

Clarification for 11-16 Pairs and Groups:

Optional elements can be a free choice:

- From the optional elements table (pre-youth rules), only when it is not a repetition/variant of the compulsory element that is chosen.
- From the TOD, as long as it follows the general rule art 2.4





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NEW ELEMENT REQUEST

- WG Base position 1**



8	9	10a	10b
14	13	13	14

This is **not** a new element but a variant of pg 58/D10b =Value 14

- WG Base position 2**



	1	2	3
E			
	44	48	52

We accept as a variation of:
62/E 2 =DV 48
62/E 3= DV 52 All stay in one box.

- MG Base position**



	1	2
E		
	14	10

As a TC, we have accepted the following position as a new element
Please add this position on pg. 87 with coordinate E 2 Value 10

This element will be eligible for performance and have the value indicated from 1st October 2025.





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Please be informed that the updated Artistic Judging Sheet is now available on the STS platform.

Coaches and others can also access the platform by paying the applicable fee. Access is free for judges who have registered for at least one judging course.

CALENDAR OF FIG ACROBATIC GYMNASTICS INTERNATIONAL JUDGES' COURSES

DATES (1st day/last day)	CITY / COUNTRY	UNION
19/03/2025 - 22/03/2025	SAO PAULO (BRA)	PAGU
05/06/2025 - 08/06/2025	KINSHASA (COD)	UAG
23/06/2025 - 26/06/2025	TBC (IND)	AGU
04/08/2025 - 07/08/2025	TBC (ZIM)	UAG

CALENDAR OF APPROVED FIG ACROBATIC GYMNASTICS EVENTS

DATES (1st day/last day)	TITLE	CITY / COUNTRY
10/04/2025 - 13/04/ 2025	13 TH EUROPEAN AGE GROUP COMPETITIONS	LUXEMBOURG (LUX)
16/04/2025 - 20/04/2025	JUNIOR EUROPEAN CHAMPIONSHIPS	LUXEMBOURG (LUX)
16/04/2025 - 20/04/2025	32 ND EUROPEAN CHAMPIONSHIP	LUXEMBOURG (LUX)
30/05/2025 - 01/06/2025	FIG WORLD CUP	BURGAS (BUL)
13/06/2025 - 15/06/2025	FIG WORLD CUP AGF Trophy	BAKU (AZE)
19/06/2025 - 21/06/2025	FIG WORLD CUP Limes World Cup	AALEN (GER)
27/06/2025 - 29/06/2025	ACRO WORLD CUP	RZESZOW (POL)
08/08/2025 - 10/08/2025	THE WORLD GAMES	CHENGDU (CHN)

Thank you for your attention, and best of luck to all athletes and coaches!

Respectfully,

Nikolina HRISTOVA

President of the Acrobatic Gymnastics Technical Committee





February 2025

ERRATA: ACROBATIC GYMNASTICS RULES

Please note the corrections highlighted in yellow. These have already been incorporated into the final version of the Code of Points, Tables of Difficulty, and Youth & Junior Rules for Cycle 2025-2028 (to be printed in color!).

1. CODE OF POINTS

Please implement the corrections highlighted in yellow in the ACRO COP.

Page 6 - Please include it in the Table of Contents

[APPENDIX 7 E and A Judging papers 67](#)

- Please correct it as it is shown.

Page 18

13.5 If an error is made in recording an electronic mark, the judge immediately stands to indicate the error to the CJP, who will act in accordance with Article 11.24.23 The CJP....

Page 25

21.3 During construction of a pair or group balance element, before all partners are in place and before the top is in any position on the point of support ~~of value~~ (irrespective of

Page 31

34.2 Partners must wear identical **or** complementary attire with the same cut (except Mixed pairs).

34.7 Provocative, swimsuit and bikini designs, texts, letters, photographs, and face drawings in the design are forbidden.

Page 37

41.3 The Difficulty Score for an exercise has no maximum for seniors: It is "open." (For Juniors, Youth, and Pre-Youth ~~Age-Group~~ events, difficulty is strictly controlled to a maximum. See Youth & Juniors Rules ~~Age group rules~~ Acro)

Page 40

44.2.12. Markings, mat (exception M4 Balance and Combined).





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Page 41

Please add and correct as shown.

45.2 Questionnaire: **See also Appendix 7 Judging papers**

MUSICALITY

Is the exercise respecting the **character and the rhythm mood** of the music?

Are the **musical sentences, accents, and rhythm** respected and used throughout?

Is the **choreography** in harmony with the music?

Page 42

46.6.1. Handstands off vertical **or body positions off** the ideal **positions performance**.

46.6.6. Legs/feet not together in the landings, out of Pair/Group elements

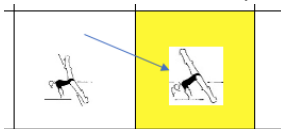
Exception: landing out of dynamic elements without support

46.7.2. Hesitation in a motion/**mount** phase of an element.....

COP - Appendix 1

Page 45

4. Planche – move the planche position from box 2 (0,1) to box 3 (0,2)



Page 48

16. Seal – Add these positions



Page 49

Appendix 1 - Dynamic

Dynamic Element	Ideal Position	0,1

Page 50

Artistic CRITERIA PICTO's

5	MUSICALITY	
	Character & rhythm mood of music	
	Musical sentences, accents, and rhythm respected and used	
	In harmony music ↔ Choreo	





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COP - Appendix 3 – Measurement Procedure

Page 53

6. A re-measurement, if requested or necessary, must take place by the conclusion of the first qualification exercise **and before the performance of the second exercise**. Otherwise...

COP - Appendix 5 - Attire - EDUCATIONAL Guidelines

Page 62

- Men should **not use transparent material or** significant areas of flesh color.

34.6. Please adjust the sentence below the pictures in 34.6.

Light colors, **transparent**, and **flesh color attire must be lined!**

34.7. Provocative swimsuits, **texts**, **letters**, photographs, and **facial drawings** in the design **are prohibited**.

COP - Appendix 6 Glossary of Terms

page 64

EVENTCATEGORIE	
Events	The 5 disciplines of Acrobatic Gymnastics.
W2	Women's Pair
M2	Men's Pair
MX2	Mixed Pair
W3	Women's Group
M4	Men's Group

Page 65

	performance of an exercise and for determination of the Difficulty Score.
Closed Difficulty	The amount of Difficulty Value accredited in an exercise is restricted. This occurs in Junior and Age-Group Youth competitions.
Static hold	A position held by a Pair or Group for 3 seconds as required





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2. TABLES OF DIFFICULTY

General Rules

Page 5

A drawing must be made of each pair/group element in the order it is to be performed. Pair/group and the elements precede individual elements that also must be drawn appear together in the correct order to be performed. Drawings may should be reproduced from the Tables of Difficulty.

The Tariff Sheet must be "Computer Generated". Original drawings (TOD, AGR-Pre-Youth Rules) must be clearly presented and not open to a variety

Page 7 – Add the following:

Groups: Bending backward by the middle (supporting partner of the TOP) in pyramids will be given +1



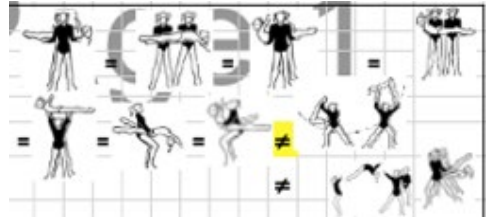
Page 9

All Handstands/Footstands performed on the following points of support will receive the additional difficulty as shown.

Page 13



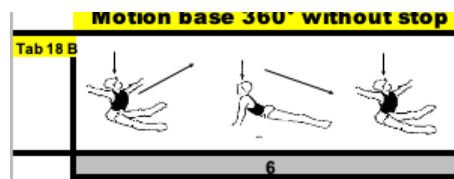
Page 14



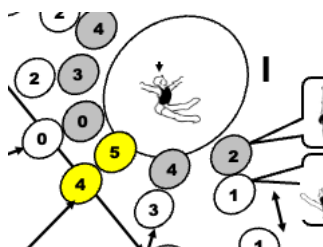
Page 19 Add



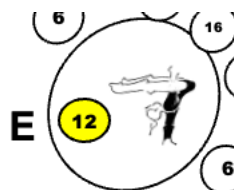
Page 22



Page 22 Tab. 16 - I



Page 23 Tab. 20 - E



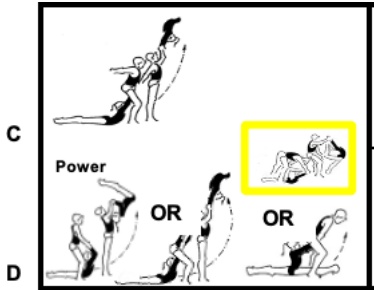


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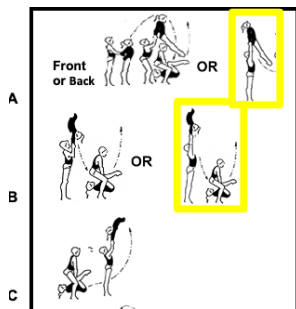


Page 31 –Mounts. Add the following image in D.



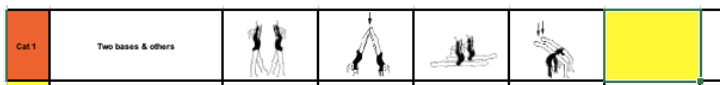
Page 32 – Mount

Add the following image in “B”, (starting from high arms without passing low arms):



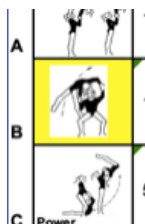
Page 50 Delete

this drawing from Row 1, the last box. We have it in Cat. 7



Page 53 WG Mounts

Remove the +values to turn in mount WG B. They are now in the general rules on page 8





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Page 58 - Add a variant in C 8 and add a new base position in C 13.

Add variant in D 5

	1	2	3	4	5	6	7	8a	8b	9	10	11	12	13	14
C															
	8	8	8	10	13	14	13	12	13	12	14	12	14	16	
D	1	2	3	4	5a	5b	6	7	8	9	10	11	12	13	
	18	7	9	12	12	12	6	7	14	13	13	15	12	16	

Page 61, row A 11

	11a	11b
	6	

Page 63, row C 12

15	12
2	16

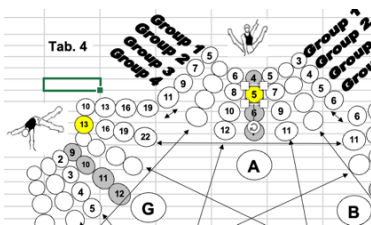
Page 72 Add in twist table.

	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	20
6	5/4	2	4	6	8	10		
7	6/4	2	4	6	8	10		

Page 80 Add

Men's Group mounts value without the static hold

Page 82 Tab. 4- Correct the value in yellow





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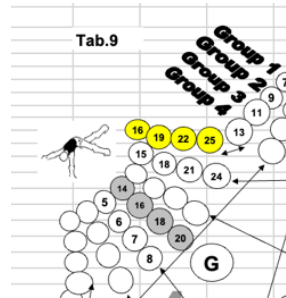
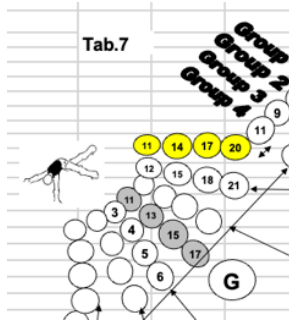


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Page 83 Tab. 7-Correct the value in yellow

Page 84 Tab 9-Correct the value in yellow



Page 88, row C Please include the sentence highlighted in yellow.

	1	2	3	4	5	6	7	8
	The middle can not sit on the chest of the base							
C								
	10	12	14	16	12	14	16	18

Page. 119

After Single somersault

- » back handspring +2
- » salto performed in the **in the** same direction +2





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3. YOUTH & JUNIORS RULES

Art. 5.4 and Art. 8.4 If **elements of** Difficulty beyond the additional 20 values.....

Page 13

44. CJP Penalties

12. Markings, mat (exception M4 **B&C**).

Page 14 Art. 45: Please include the sentence highlighted in yellow and implement the corrections.

Questionnaire: See also Appendix 7 COP - Judging papers

MUSICALITY

Is the exercise respecting the **character and the rhythm mood** of the music?

Are the **musical sentences, accents, and rhythm** respected and used throughout?

Is the **choreography** in harmony **with the music**?

46.6.1. Handstands off vertical **or body positions off** the ideal **positions performance**.

46.6.6. **Legs/feet not together in the landings, out of Pair/Group elements**

Exception: landing out of dynamic elements without support

46.7.2. Hesitation in a motion/**mount** phase of an element

Page 17 Appendix 2 – Measurement procedure

6. A re-measurement, if requested or necessary, must take place by the conclusion of the first qualification exercise **and before the performance of the second exercise**.

Pre-Youth (11 – 16) Rules

Page 22 Art. 2.4

Discipline	Balance	Dynamic	Individual elements
Women's Pair*	Min 1v – Max 9v	Min 1v – Max 14 v	Min 1v – Max 10v
Men's Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Mixed Pair	Min 1v – Max 9v	Min 1v – Max 14 v	
Women's Group*	Min 34 v – Max 16v	Min 1v – Max 14v	
Men's Group	Min 4v – Max 16v	Min 1v – Max 10v	





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2.5 Each pair or group may use simple entries/**exits**, motions, links, catches and dismounts.

2.6 Tariff sheet: Pair/Group elements **and the individual elements** must be drawn in the order that they are performed. ~~The individual elements are drawn separately in the order that they are performed.~~ If elements

2.8 A penalty of 1.0 is applied when:

- ...
- ...
- This penalty is applied for each violation, even if the performed **element difficulty** is....

Page 32

WOMEN'S GROUP
<p>1 OPTIONAL PYRAMID HELD 3" DIFFICULTY MINIMUM 3 4 MAXIMUM 16</p>

Page 36 Add

PAIR OPTIONAL BALANCE ELEMENTS - MINIMUM VALUE 1 - MAXIMUM VALUE 9
--

p. 36 Correct the value

9	9
AG P16	AG P17

These were all the adjustments to the Acrobatic Gymnastics Rules for the 2025-2028 cycle. Please ensure all changes are implemented correctly.

Thank you for your attention, and best of luck to all athletes and coaches!

Respectfully,

Nikolina HRISTOVA

President of the Acrobatic Gymnastics Technical Committee





January 2025

Happy New Year! 🎉

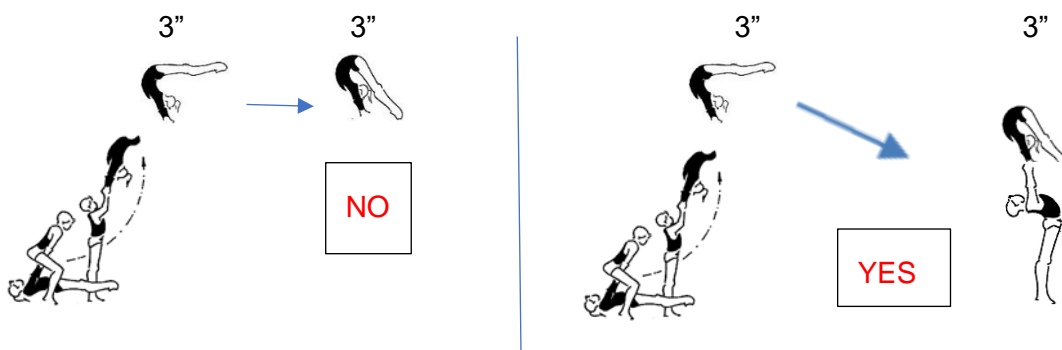
As we enter 2025, the newly elected TC wishes you a year filled with remarkable achievements, unforgettable performances, and the joy of reaching new heights in acrobatics. Let's celebrate the passion and determination that unite us in our shared love for this sport. Wishing you a year full of success, joy, and memorable performances!

Clarifications, questions, and answers from earlier newsletters remain accessible for the upcoming cycle.

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 ".



- Q:** Is a mount performed without a turn or with a turn considered a different element, even if it is the same box with the same ID?

A: **No**, each mount (each box) can be performed only once during the whole exercise.
- 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 starts 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 loses the value of the static hold of the top during the motion transition.
- Q:** In a transitional pyramid, if the top maintains the same position throughout the transition and at the end of the transition moves to another position, the value of the top's motion is seen in the difficulty group of the first base pyramid or the difficulty group of the second base pyramid (since this is where the top motion is made)?

A: The 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.



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5. **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, because it is a repetition of the same category.

6. WG base positions with the middle bending backward.

A: This is **not** considered a **new element**, but the FIG ACRO TC decided that it would receive a **+1 V** as a general principle.

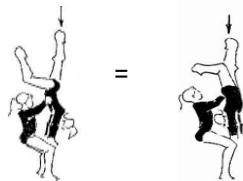


7. **Q:** For category 2 pyramids, when the middle acts as a top and holds a position for 3 seconds, does it count for the number of repetitions of skill during the whole exercise?

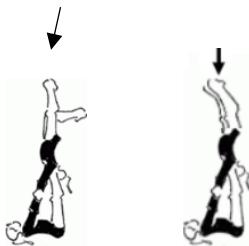
A: If the top and the middle perform the same skill at the same time, then this is counted as **ONE** element, and both get the value for the position. However, if the top and middle perform the same skill at different times then it is counted as **TWO** elements – both receiving difficulty value.

8. **General principle:** When the position of the middle is in the handstand and not printed and given a value in the TOD, the position can be reversed and receives the **same value** as the 'mirror' base position in the associated box and has the **same ID** coordinates.

Example :



9. Base pyramid Pg 63 B9 with V16 (one foot) can also be performed on two feet; ID and Value stay the same.



Dynamic

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

A: Yes, the exception in 15.6 prevails on the general statement in the chapter of the submission of TSH in article 38.8.



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11. Q: Can a front salto with open legs (i.e., straddle/box splits) be considered a stylistic variation of a double pike salto?

A: Yes – another example would be split legs in the first salto of a double straight. There is no change to the philosophy and logic applied, which has been done for more than 30 years.

12. Q: Can the position shown below be used as a catch position? If so, would it be identified as a “V” finish position? Variation of bases side by side?

A: Yes



13. Q: Please clarify where the second base’s hands can be in the abovementioned position. Only under the support of the foot? Can they be around the ankle or calf?

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

14. Clarification

WG – Swing and cannonball start and finish positions are **NOT** considered horizontal positions.



15. Q: Elements with additional push in the last $\frac{3}{4}$ salto.

A: The bases can’t **hold (support)** the shoulders of the Top during the push of the TOP. This will be considered **additional support** with a 0.5 deduction by the E-judges.



16. Q: MG – Can the bases catch in the following finish position, and if so, how is the value calculated?

A: Yes



General principle: When the finish position is as indicated above, please use the finish position as indicated below for the value of the element **BUT** deduct the following values from those identified depending on the number of rotations.

Finish Position



=



4/4	- 3
8/4	- 6
12/4	- 12

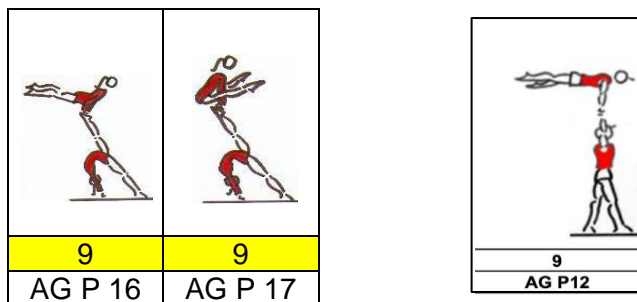


Artistry

17. **Q:** Article 36.4: Criteria for evaluation, in terms of the amplitude of performance, says "choreographic elements". Should we judge choreography in *execution*?
A: Choreographic elements, for example: "grand jeté or pirouette or jump with 720° turn", **Yes**
18. **Q:** If one or more partners fall in the Choreo at the same time, is it 1,0 or 2,0 points in falls?
A: **1.0 point**

Pre-Youth (11-16)

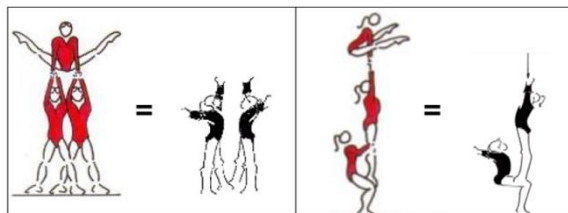
19. **Q:** Can they do the elements shown below from Appendix 4?



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 these elements with the ID of the Pré-Youth Rules.

20. 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 the same:



21. **Q:** AG 11 – 16 WG Dynamic – Row 1, box 4 – can the start position also be on the front (stomach) as the TOD shows back and front as the same position?
A: Yes – you can start from either front or back.



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Clarifications following the Intercontinental Judges' Course

22. Q: When is the additional Difficulty for WP and WG Balance applied for the base lying on the floor?

A: Refer to the examples below

Yes extra value	NO extra value	Yes extra value	NO extra value

23. Q: On page 7, the flag with legs together received +3. Does the rule for legs together (+1) apply?

A: No, in this box, the flag already has its legs together.

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

A: NO. The motion of the base with rotation is considered a different element. However, no additional value is given when the rotation is without motion up or down. See the examples below.

Example 1

3*			3*	
	→			
10 5	10 3	10 4		
23/T19 D	23/T19 D	23/T19 D		
23/5	23/T21 J-I	23/2		

≠
Motion of Base

3*			3*	
	→			
6 3	6 2	8 2		
19/T4 D	19/T4 D	19/T4 E		
	19/T4 D-E			
19/17	19/T6 J-I	19/11		

No Value for 180°

Example 2

3*			3*	
	→			
12 4	12 5	12 4		
23/T19 E		23/T19 E		
23/02	23/T21 I-K	23/09		

≠
Motion of Base

3*			3*	
	→			
12 4	12 9	12 4		
23/T19 E		23/T19 E		
23/02	23/T21 I-K	23/09		

OK value for 180°

25. Q: Cannonball +360° (p. 32/A, B, C, D, and E) and cannonball to Diamidov 360° (p. 29/F): Are these two mounts considered different?

A: YES. We consider them different because the opening from the Cannonball to Diamidov is performed as a dislocate motion compared with a cannonball +360°, where the performance should be an inlocate motion (opens oppositely).

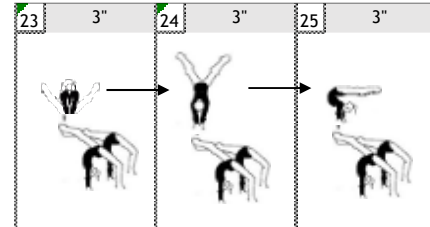


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26. **Q:** Is the mount on p. 29 E only Disloc, or can it be performed with Diamidov?
A: NO. This mount is only Disloc. No rotations are allowed.

27. **Q:** In a static pyramid with several static holds (see the example below), can they make a second attempt if the top falls?

Example:



A: Yes, they can, but the difficulty value for the base position is given only once, and appropriate TF is applied.

28. **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, because it is a repetition of the same category.

29. **Q:** Does it allow MG to perform the same mount on different pyramids?

Example: Kick into one arm.

A: Yes. The restrictions concerning the repetition of mount **only apply to Pairs**. So, for MG, the same mount is allowed on different pyramids.

30. **Q:** In M4, only 2 elements with a throw of 1 partner, by 3 acting together, may be evaluated for difficulty. Can these 2 elements use the same start point?


A: YES

31. **Q:** Following Art. 23.4, bullet point 5, please clarify: If one partner performs a dismount and another catch, how will this reflect the count for SR or restrictions in landing?

A: These elements are free of restrictions, regardless of landings or catches. They do not count toward landing restrictions or fulfilling the SR concerning catches.

32. **Q:** When we have restrictions, how should we proceed in case there are more than the allowed number, for example, 4 links and 4 dismounts?

A: If more elements or links are performed, those exceeding the allowed numbers will not receive a difficulty value. In this case, the fourth one will not receive difficulty credit.

33. **Q:** When performing this static pair/group position,  where should the foot/feet of the base be placed, and what is the exact spot for the top's hands to support the base's leg?

A: The hands of the top should be placed around the calf of the base. If the support is on the knee or further down to the thigh, it will be considered additional support, and the E-judges should apply a deduction of 0.5.

The foot /feet of the base should be placed on the Top's sternum (breastbone), as close as possible to the suprasternal point.



34. Q: Should the E-judges penalize additional support in this way of performance?

A: YES

35. Q: If a link is not performed for any reason, will each deduction be applied?

A: If there is a technical mistake, a penalty should be applied.



Pre-Youth (11-16)

36. Q: Can a pyramid from the compulsory rows be used as optional?

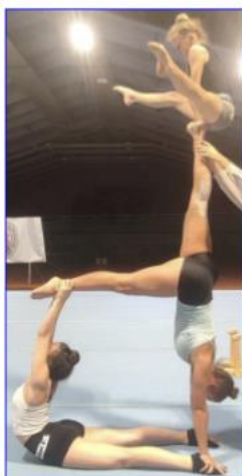
A: The Optional Elements cannot be taken from the Compulsory Element Table. Following Article 4.3, the Optional pyramid may be selected from one of the same categories used for the Compulsory Elements but not from the same box in the TOD as the Compulsory pyramid.

Example:

ROW 1		
	Compulsory - OK	Optional - NO

New element request:

WG Base Position



The FIG ACRO TC accepts this base position as a variant of the base position on p. 61 – A – 11.

Please include this base position in the TOD as shown below:

	11a	11b	
↓	↓	↓	↓
↓	↓	↓	↓
	6		



New Acrobatic Athlete Representative for the FIG Athletes Commission



Former Acrobatic gymnast Lore Vanden Berghe (BEL) was elected to the FIG Athletes Commission as its representative for Acrobatic Gymnastics at the World Championships in Guimarães (POR).

As athletes' representative, Vanden Berghe will sit on the FIG Athletes' Commission and participate in the Acrobatic Gymnastics Technical Committee meetings to ensure that the athletes' opinions are considered and their voices are heard.

She went on to graduate cum laude with a Master in Law from the University of Ghent and currently works as an attorney in Belgium specializing in Sports Law.

Her mandate began on 1 January 2025 and will run until 31 December 2028.

We ask all gymnasts who would like to express their views, concerns, or questions about acrobatic gymnastics to contact Lore so she can bring any issues raised by gymnasts to the attention of the ACRO Technical Committee.

You can contact Lore at the following email: lore.vandenbergher.fig@gmail.com

Notification:

A request for formal evaluation by the Acro TC must be submitted by your federation, using the official form found in the Tables of Difficulty, to the Acro TC President by email, neuelementsrequest@gmail.com

The evaluation request must be accompanied by a detailed drawing including a suggested value for the element along with an e-mailed video of the element.



Calendar of approved FIG Acrobatic Gymnastics Events:

• **International Judges Courses 2025**

City / Country	Dates (1st day/last day)
ATLANTA (USA)	05/01/2025 - 08/01/2025
BERLIN (GER)	31/01/2025 - 03/02/2025
TBILISI (GEO)	08/02/2025 - 11/02/2025
GOLD COAST (AUS)	14/02/2025 - 17/02/2025
ALMATY (KAZ)	18/02/2025 - 21/02/2025
SAO PAULO (BRA)	19/03/2025 - 22/03/2025
KINSHASA (COD)	05/06/2025 - 08/06/2025
TBC (IND)	23/06/2025 - 26/06/2025
TBC (ZIM)	04/08/2025 - 07/08/2025

2025

- 13th European Age Group Competitions - Luxembourg (LUX) 10-13.04. 2025
- Junior European Championships & 32nd European Championship - Luxembourg (LUX) 16-20.04.2025
- World Cup Puurs-Sint-Amands (BEL) 06-08.03. 2025
- World Cup Burgas (BUL) 30.05.–01.06.2025
- World Cup Baku (AZE) 13–15.06. 2025
- World Cup Aalen (GER) 19–21.06.2025
- World Cup Rzeszow (POL) 27–29. 06. 2025
- The World Games - Chengdu (CHN) 8–10.08.2025

Please distribute the information above to your coaches and FIG Brevet judges.

Respectfully,

Nikolina HRISTOVA
President FIG ACRO TC