



Lausanne (SUI), December 2017

Acrobatic Development

FIG launches Age Group Programme for Acrobatics

During the month of November, the FIG Coach Education Programmes held the first age group programme meeting for acrobatic gymnastics.

The working group met under the leadership of **Hardy Fink**, the Director of FIG Education & Academy Programmes. All of the working group members were lifelong coaches and educators and frequent experts for the FIG Academy Programme. For Acrobatic Gymnastics they were **Karl Wharton** of Great Britain, **Lourenço Franca** of Portugal and **Sergei Tretyakov** of Belgium.



An excellent first draft of the technical manuals were prepared and are already being translated into Spanish and French. These include a high performance competition programme for ages and levels below the FIG World Age Group Competition Rules and in such a way that they would lead to the international rules. A parallel competition programme was also developed for gymnasts who wish to participate meaningfully but do not have high performance goal. The most important part of the programme is the development portion that includes a physical testing programme, a music & artistry & ballet development programme, a technical testing programme and an overview of the process of skill acquisition from beginner to high performance for each category of element and skill. It also includes a variety of additional information related to developing a systematic Gymnastics programme that can lead to high performance and understanding the issues related to growth and intensive training at young ages.

The Acrobatic Gymnastics programme is now ready to be introduced in early 2018 in three planned training seminars and camps in three geographic regions of the world to which the FIG will invite and fund coaches from countries in the same region as the host country. More exact information will be provided soon.

These age group programmes are intended to serve as a recipe for coaches to develop their gymnasts progressively and safely to a high performance future. The age group programme merges with the Academy programme in that the Academies teach the components of the recipe and some of that is done also during the training camps.

Asian Acrobatic Camp

Many thanks to the Asian Federation for organizing an acrobatic training camp in Kazakhstan and to Yuriy Golyak for teaching on the camp. The following countries took part: Iran, Sri Lanka, Kyrgyzstan, Uzbekistan and Kazakhstan. The camp covered both theoretical and practical lectures and was a great success.

Oceania development project

As a result of acrobatic gymnastics (MxP) being included in the Youth Olympic Games Oceania aims to introduce and develop acrobatic gymnastics in the region. Australia has taken the lead with this development and the Cook Islands, Fiji, Samoa and New Zealand are now all introducing the sport.



Reminder: Entry to the floor by the athletes at competitions

Reminder: COP – Article 28.5

Please ensure that athletes go to their starting position as quickly as possible and by the quickest / shortest route and must **not** include choreography. If this is not adhered to the CJP will take a 0.3 deduction as it will be considered as starting before the music (Article 43.2. 10).

We do not want to see athletes marching around the floor as it takes a lot of time before the exercise starts. We need to respect the competition programme and try to keep to the time schedule.

Clarifications, Corrections, Questions and Answers

Question: *For category 2 pyramids, when the middle is acting as a top and holding a position for 3 seconds does it count for the number of repetitions of a skill during the whole exercise?*

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.

Question: *Does the DJ take a time fault deduction if the base takes steps during the performance of a static element?*

If the top remains in a position of balance for 3 seconds then the DJ does not take a time fault deduction or applies the appropriate deductions for a 1 or 2 second hold. However, technical deductions are taken up to a maximum of 1.0 mark for instability, steps, etc. of the base.

Question: *If a chest stand (page 129 – 009) is performed with one leg bent, two legs bent or in stag position what is the value?*

All variations are considered as a variant of element 009 and receive V1.

Example:



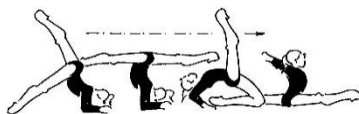
Question: *Can the chest stand be performed with hands on the floor bent at the elbows?*

Yes – it is a stylistic variation.

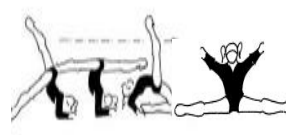
Question: *Can you clarify what immediate succession means with regard to individual elements?*

Without anything in between.

Question: *What is the value for elbow walkover to box / lateral split?*



076 = 3v



= 4v

Using a logical explanation, as elbow walkover to splits is 3v and the split is included in the value only one additional value can be applied to finishing in lateral / middle split (p128 TOD – 2v minus 1v = 1v).



Question: *Can the base keep the end pair / group base position (e.g. headstand / splits) once the pair / group element is completed and then claim it as an individual element without changing position while the top / middle then performs another individual element at the same time?*

Yes, they can do it because it is NOT an overlap of individual elements.

Example:



3 sec

Followed immediately by:

2 sec



2 sec



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

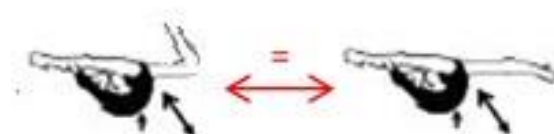
Yes – another example would be split legs in the first salto of a double straight. There is no change to the philosophy and logic applied which has been done for more than 30 years.

Clarification: *Can you confirm that the arrival to both knees at the end of an individual element is considered as a stylistic variation to the arrival on to one knee.*

Yes – it is considered a stylistic variation.

Question: *Is the following position with a bent leg considered a stylistic variation?*

Yes – it is considered a stylistic variation.



Question: *When a transitional pyramid is claimed and the gymnasts fall during the transition are they allowed to rebuild from the floor the end pyramid of the transition and receive the values?*

Yes they can rebuild, however, they will lose the transitional value and obviously all the technical deductions should be applied.

Question: *During a transitional pyramid, does the bases transition need to be continuous or can they start and stop allowing the top to complete the motion and then continue with the transition?*

Yes, they can stop but it is an execution deduction when there is a hesitation or a small interruption in the transition – COP Article 45.7 1 and 2 should be applied.



Corrections:

On page 61, table 5 in the tables of difficulty please change the **number** coordinates as shown below:

Tab. 5		12	13	14	15	16	17	18	19	20	21	22	23	24	25	
	Gr.1-2-3-4	1-1-1-1	2-2-2-2	1-1-1-1	2-2-2-2	2-2-2-2		2-2-2-2	1-1-1-1	1-1-1-1	2-2-2-2	1-1-2-2	1-1-2-2	1-1-2-2	2-2-3-3	

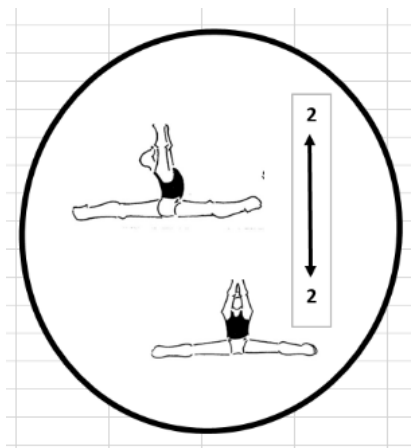
On page 19 in the TOD, please add the following static base positions:

1b		1
1c		1

On page 25 in the TOD, please add the following static base position:

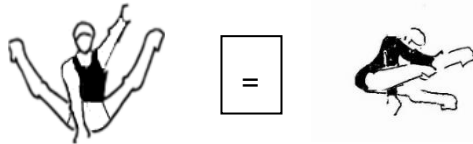
25		1
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On page 21, bubble item J should have an arrow and values as indicated below.

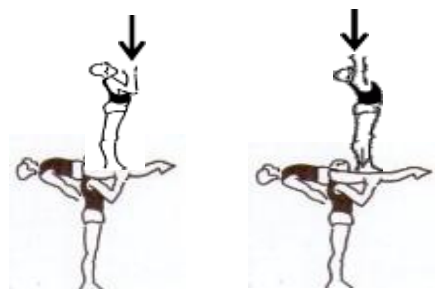




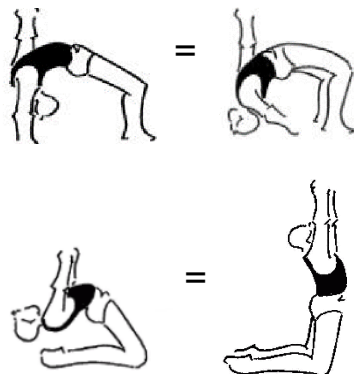
Clarification: The following stylistic variation of one arm straddle lever is considered the same **BUT** it can only be used as a start position and **NOT** a static 3 second hold.



Clarification: The following base positions are considered as variations of the base positions on page 108 – A5 and A6



Clarification: Please take note of which positions are considered the same **WHEN USING THE BUBBLES** for a **MOTION** of the base (when one of the positions below is missing).

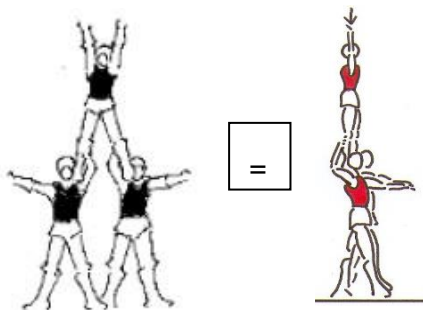


Clarification: Please delete table 8 on page 92 in the TOD.

Value	5	6	7	8
	0	0	0	0



Clarification: The following base positions are all considered as stylistic variations:



The free hand **may also** be placed on top of the foot of the third man who is standing on the shoulders and considered a stylistic variation.

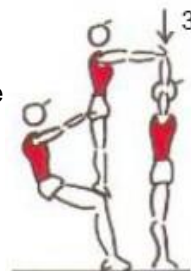
Correction TOD:

Please correct the values on page 53 as indicated below (V of column O and P switched place) :

O	P
13	14
13	14
16	17
26	29
28	31
30	33

Clarification: Can the middle hold the hands of the base standing on the floor or the hands of the top and what are the penalties if any?

The middle should support at the wrist or forearm, but if the hands are supported article 45.8.5 should be applied and a deduction of 0.2 / 0.3 taken.

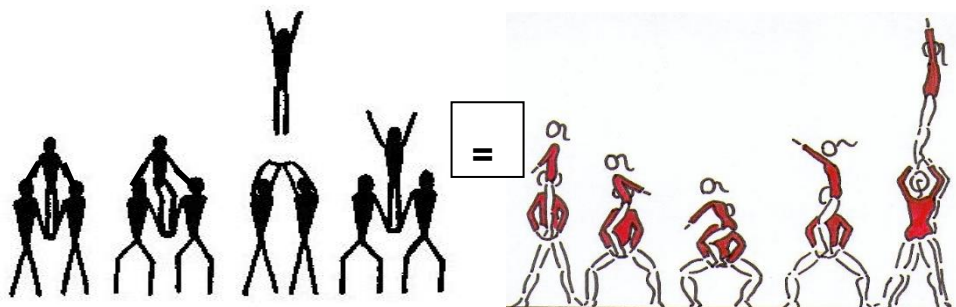




Clarification:

A request has been made by some coaches to use support of the head when performing an element from platform in the take-off. The decision was made that this **WILL** be allowed for the take-off only.

However, elements that are performed with a **link** cannot use the additional support of the head when linking elements together.



Promotion of ACRO by the social media: - member of the media team at the FIG:

When something happens in the World of Acro, we totally 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 Face book and Twitter. Sending us news of honours 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 media department at:

mediafig@fig-gymnastics.org

Would you like to attend the World Championships and/or the World Age Group Competitions?


Tickets for the World Championships and the World Age Group Competitions can be ordered online now. Each ticket is a 'day ticket' and gives you all day access to the competition venue.

- A ticket grants you access to the event and is also valid as a ticket to use on trams and buses in Antwerp operated by De Lijn.
- A detailed competition timing will be available closer to the event. You will receive your ticket(s) as soon as the starting hours are known.
- We developed a preferential tariff for families (4 people or more, at least two children younger than 12 years old), for members of the Gymnastics Federation of Flanders (groups of 20 people or more) and for people that want to attend more than 1 competition (combi tickets and event passes).
- Children up to 3 years old get free entrance to the competition venue but need to pay the service costs (€3)
- Please note that family and group tickets (20 people or more) need to be ordered by phone. You can reach Tele Ticket Service in Belgium via 070/345.345 (max. 0,30 euro/min.), from the Netherlands via 0900/45.000.45 (max. 0,45 euro/min.) and from abroad: +32/34.00.00.34.
- Ticket prices are inclusive service costs, but exclusive payment charges.


Please go to the website for further information:

<http://www.acrobatics2018.com/en/tickets>



 ACROBATIC GYMNASTICS	Ticket	Family tariff	Preferential tariff	Combi	WAGC-pass
WEDNESDAY 04.04.2018 Qualifications 11-16	€ 16	€ 15	€ 14	€ 32	€ 75
THURSDAY 05.04.2018 Qualifications & Finals 11-16	€ 18	€ 16	€ 14		
SUNDAY 08.04.2018 Qualifications 12-18 / 13-19	€ 16	€ 15	€ 14	€ 48	
MONDAY 09.04.2018 Qualifications 12-18 / 13-19	€ 16	€ 15	€ 14		
TUESDAY 10.04.2018 Finals 12-18 / 13-19	€ 18	€ 16	€ 14		

LET'S TEAM UP!

 ACROBATIC GYMNASTICS	Ticket	Family tariff	Preferential tariff	Combi	WCH + WAGC-pass
FRIDAY 13.04.2018 Qualifications	€ 20	€ 18	€ 16	€ 65	€ 135
SATURDAY 14.04.2018 Qualifications & Finals	€ 25	€ 22	€ 20		
SUNDAY 15.04.2018 Qualifications & Finals	€ 25	€ 22	€ 20		

LET'S TEAM UP!

Calendar of Acrobatic Events 2018

- 1) World Cup, Puurs, Belgium, 15 - 17 February 2018
- 2) World Cup, Maia, Portugal, 2 – 4 March 2018
- 3) World Age group Competition – Antwerp, Belgium, 2-10 April 2018
- 4) World Championships – Antwerp, Belgium, 10-16 April 2018
- 5) Youth Olympic Games, Buenos Aires, Argentina, 6 – 18 October 2018

Rosy Taeymans, President FIG Acrobatic Gymnastics Technical Committee .

Karl Wharton, Secretary