

Moscow (RUS), May 2019

A fantastic series of World Cups for Acrobatics to start the year!

World Cup Maia – Portugal 8-10 March:

This World Cup was overseen by Nikolina Hristova (BUL) who was the FIG Technical Delegate. Many thanks go to the LOC - Federação de Ginástica de Portugal, the Acro Club Da Maia and the City of Maia who hosted this FIG ACRO World Cup for the 9th time in a row.



11 Federations took part with 113 athletes participating:

Participating Federations:

Europe: AZE, BEL, BLR, ESP, FRA, GBR, GER, NED, POR, RUS

Pan Am: USA



Everything was extremely well organised throughout the event and thanks must also go to the work of all the volunteers which was really appreciated by all participants, judges and officials

World Cup Las Vegas – USA, 22 - 24 March:

This World Cup was overseen by Wieslawa Milevska (POL) who was the FIG Technical Delegate. USA Gymnastics hosted this event and many thanks go to them and the LOC for the excellent organization which made this event a unique and enjoyable experience for the participants.



11 Federations took part with 72 athletes participating.

Participating Federations: AUS, BLR, CHN, GER, GBR, KAZ, POL, POR, RUS, UKR, USA from 4 continents.



World Cup Puurs – Belgium, 12 - 14 April:

This World Cup was overseen by Irina Nikitina (RUS) who was the FIG Technical Delegate. The Belgium Gymnastic Federation and the LOC of Acro Pro Gymnastics hosted this World Cup for the 5th time in Puurs. 18 Federations took part with 61 pairs/ groups and 156 athletes.



Participating Federations: AUT, AZE, BEL, BLR, CHN, ESP, FRA, GBR, GEO, GER, KAZ, NED, POL, POR, PKR, RUS, UKR, USA



This World Cup was the largest Acro World cup ever! Once again, it was a fantastic experience for all participants.



Ferenc Pfeifer

We have been saddened to hear of the

passing of Ferenc Pfeifer from Hungary. Ferenc was a huge asset to acrobatics for a number of years in his role as former President of the Hungarian Acrobatic Gymnastics Technical Committee and member of the technical committee and executive committee of IFSA between 1983 - 1998. Ferenc passed away in February at the age of 84.

On behalf of the FIG Acrobatics Technical Committee and the acro community, we honour this great man of gymnastics and send our deepest sympathy to his family and friends.



Attire – Country Identification on Athletes' Uniforms

Athletes will have to display a flag in **official colours** or the name of their country (or abbreviation, e.g. GBR) on their competition uniform. The minimum overall area is 30 sq. cm.

This must be in place from 1st January 2020.

Age Group Programme Introduction Camp/Seminar for Acrobatics during March and April:

Argentina

The Gymnastics Federation of Argentina hosted this 3-day camp/seminar for the FIG Age Group Development and Competition Programmes for aerobic and acrobatic Gymnastics. It was held in the sport facilities in the northern Argentina city of Posadas.

This was the first time that the FIG combined such a camp for two disciplines. The theory content was modified to accommodate both disciplines and the technical content was presented separately by the experts for that discipline.

In order to spread the information within the age group programme, the FIG first offers these 3-day camp/seminars and fully funds one coach or technical expert from each of the countries in the geographic region. In this case, this offer was made to all ten South American member federations of FIG.

The success of this 2-discipline camp was phenomenal. A total of sixty-eight coaches from nine countries took advantage of this opportunity. For Acrobatic Gymnastics, it was 35 coaches from the six countries of Argentina, Bolivia, Brazil, Chile, Colombia and Paraguay. The organisers provided 30 demonstrator gymnasts.



The leader for this two-discipline camp was **Hardy Fink**. He was joined by a technical expert for each of the disciplines: **Nelson Araujo** of Brazil who currently lives and coaches in Portugal taught the acrobatic technical content.

Algeria

Only a few days after the age group camp in Argentina, an age group introduction camp/seminar was held in Algiers, Algeria. This time it was for the four disciplines of Acrobatic-, Aerobic-, Rhythmic- and Trampoline Gymnastics. Once again, for this four-discipline camp, the theory content was modified to accommodate all of the disciplines and the technical content was held separately in three gymnasiums of the Nouvelle Salle de Gymnastique within the National Sports Facilities.

The FIG had invited with full funding for travel and accommodation, one coach or technical expert for each discipline from the twelve FIG member federations of Zones 1 and 2 of the African Gymnastics Union. Of 48 potentially funded coaches, a disappointing six federations chose to take advantage of this huge opportunity with twenty funded coaches. However, with the additional coaches who attended for Algeria, this age group camp/seminar was attended by 89 coaches and 29 demonstrator gymnasts. For Acrobatic Gymnastics, 16 coaches attended from the five countries of Algeria, Benin, Burkina Faso, Nigeria and Tunisia.



The leader for this multi-discipline camp was Hardy Fink, the Director of FIG Education and Academy Programmes, and he was joined by a member of the age group programme working group for each discipline: **Lourenco Franca** of Portugal for Acrobatic Gymnastics.

South Africa

The camp was hosted in the Gymfinity Gymnastics Club near the town of Benoni. Sixteen coaches, all from South Africa, attended this training camp.

The camp leader was first time FIG expert **Yves Vander Donckt** of Belgium who currently works and lives in Hungary. In the past, he was a former World Cup and World Games medallist and a successful coach in Belgium and Hungary



Zimbabwe

Nineteen coaches, all from Zimbabwe attended this camp. One had a Botswana citizenship but works and lives in Zimbabwe.

The camp leader was again Yves Vander Donckt of Belgium, who travelled directly from the training camp in South Africa



Mexico

The Mexico Gymnastics Federation hosted this 5-day camp for acrobatic gymnastics in the Centro Deportivo Olimpico Mexicano in Mexico City. This 5-day camp followed region wide introduction camp that they hosted a year earlier.

Twenty-nine coaches, one from Brazil and twenty-eight Mexico, attended this training camp. These coaches were accompanied by 61 gymnasts. The camp leader was **João Tiago Maia** of Portugal, who has served frequently at World Championships as national coach for Portugal and who currently works and lives in Hungary.



Puerto Rico

The Puerto Rico Gymnastics Federation hosted this 5-day camp for acrobatic gymnastics immediately after a similar camp in Mexico. The camp was held in the facilities of the National Gymnastics Federation in the capital city of San Juan.

Seventeen coaches, all from Puerto Rico, attended this training camp.



The camp leader was João Tiago Maia of Portugal who travelled directly from the acrobatic camp he led in Mexico.

Following these introduction camp/seminars for the age group development and competition programme, each federation that attended is requested to meet with their leadership and decide if they wish to pursue the implementation of this programme. Those that are interested will then be offered a single country 5-day training camp in the coming months for the coaches and gymnasts in their country and the FIG will provide an expert.

As reported in the past, the Age Group Development and Competition Programme follows a similar philosophy and structure for each Gymnastics discipline. The programme for each discipline includes a testing and monitoring programme for all physical abilities and technical skills as well as a complete multi-level competition programme with modified rules for age-group gymnasts and compulsory exercises for all ages. It also includes a variety of additional information related to developing a systematic Gymnastics



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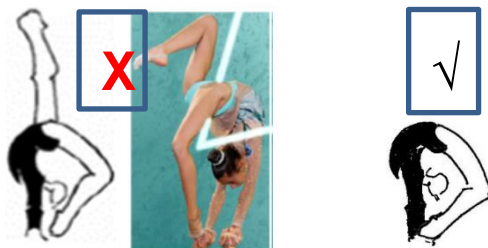
programme that can lead to high performance. The competition programme for all disciplines was developed by Hardy Fink with three or four technical experts who form the working groups.

The FIG Age Group Development and Competition Programmes are designed also to fit well with the FIG Academy Programme. The Age Group Programmes can be seen as the “recipe” for coaches to develop their gymnasts without making any major mistakes. The Academy Programmes then teach how to coach the components of that recipe.

The overall philosophy is the gradual, systematic and safe development towards high performance without a rush to include high difficulty in competition exercises, especially during the rapid growth years of the adolescent growth spurt. For that reason, compulsory exercises are included that educate the coach and protect the gymnast.

Clarification

The following position (in the picture) is only considered as a variation of the ring as the top leg is bent, therefore it only receives a +1v – General rules: Page 7



No + values are given for stylistic variations (in most of the cases variations are easier to perform).

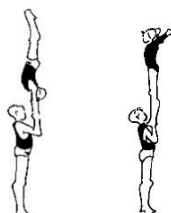
So to avoid discussions, the + values of the elements in the general rules are only given when the element is performed in the original way: i.e. same body position, same point of support, etc. UNLESS THE ELEMENT HAS BEEN IDENTIFIED AS A RECOGNISED VARIATION AND PUBLISHED.

Clarification: Page 9 – General Rules

Please take note of the following clarification:

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

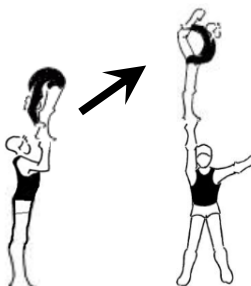
Examples:





Clarification

The following mount is considered a variation of C – E16 on page 41 = Value 19



New Elements:

Requests that have been approved from 1st January 2020

Men's Group Balance

Men's Group – Page 98: Please add the two new base positions (1a and 2a) to box B 1 & B2 as shown below:

B	1	1a	2	2a
	18	23	23	28

Women's Group Balance

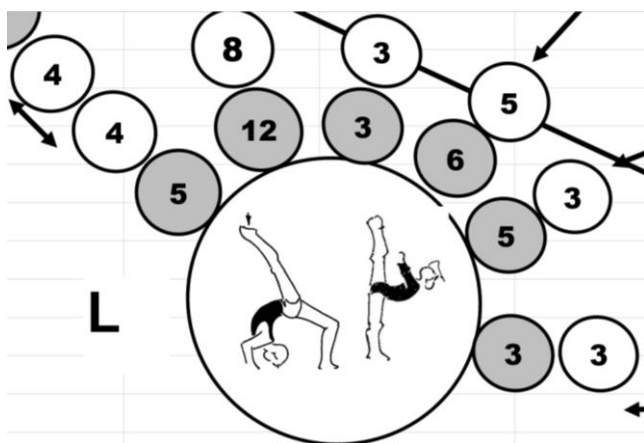
The following WG base positions and values should be added to page 69 and included in the **OPEN BOX B and C** (i.e. added into the same box with forward and lateral splits).

C	6a	6b	6c	6d	6e	6f
	4	5	7	9	11	13



Pair Balance

Please add the following base position into bubble L on page 24 (all values remain the same):



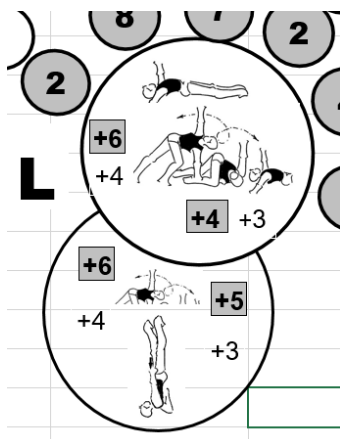
A new base position has been agreed and should be added to **page 23, Box 4** and to **Table 21, bubble L**:



= 6V

4		6
		1

Page 23 – Table 21: Bubble L



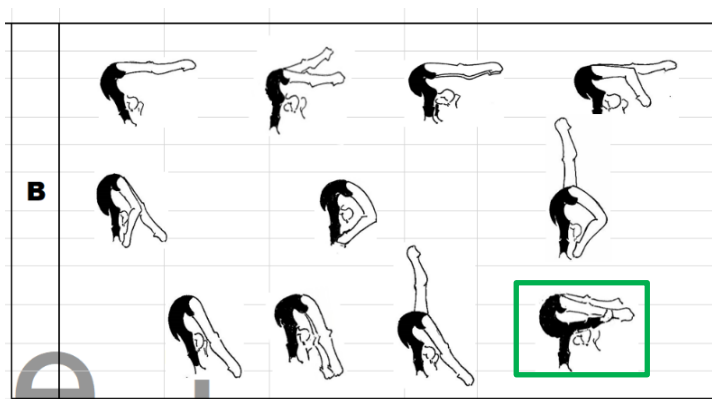
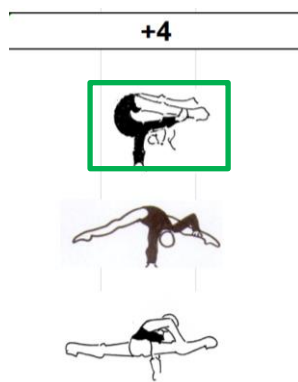


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A new top position has been agreed and should be added to the following pages and boxes (top holding leg):

Page 7 General Rules:

Page 12 General Rules - Box B:



Calendar of Acrobatic Events

- 1) 2nd European Games – Minsk, Belarus 17/06/2019 – 30/06/2019
- 2) Zolotov Cup – Veliky Novgorod, Russia 7/09/2019 – 9/09/2019
- 3) World Cup Lisbon – Portugal, 13/09/2019 – 15/09/2019
- 4) 10th European Age Group Competition – Holon, Israel 21/10/2019 – 27/10/2019
- 5) 29th Junior and Senior European Championships – Holon, Israel 30/10/2019 – 03/11/2019
- 6) WAGC & World Championships – Geneva 16/5/2020 – 01/06/2020

Rosy TAEYMANS, President of the Acrobatic Gymnastics Technical Committee.

Karl Wharton, Secretary Acrobatic Gymnastics Technical Committee.