

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

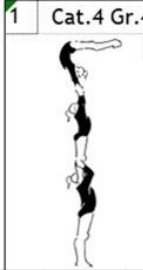
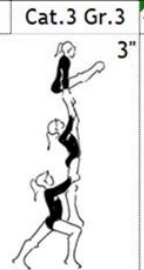

1. **Q:** If the base of a pair moves to split, with the knee going first to the floor and then moves to split, does the element count for SR?
A: Yes in 12-18, Juniors and Seniors, this is only a different technique. In 11-16 these are different elements
2. **Q:** In slide to split, if attempting to 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



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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.



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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.

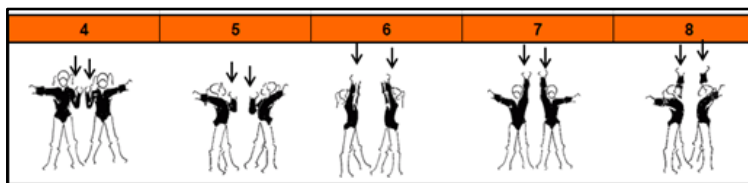
Q: If tuck, can the +2 value for performance in pike apply to this mount?

A: No

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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?

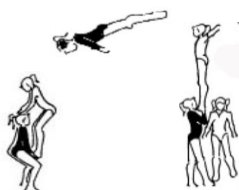
A: No, for these positions you don't receive the Additional value.



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**



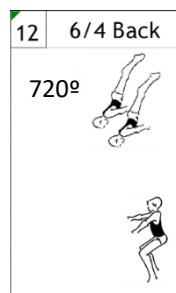
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26. Q: In a declared exercise like this 8/4 salto with $360^\circ + 360^\circ$, we should give difficulty for this, for example $8/4 (18v) + 360^\circ (8v) + 360^\circ (8v) = 34v$ or, by the way, if doesn't matter where they perform the twists, we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

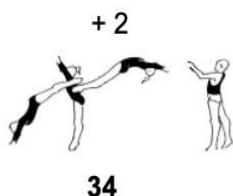


Twisting value is 1X 720°

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

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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



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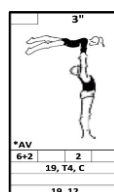
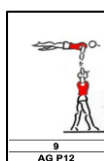
INDIVIDUAL ELEMENTS

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:

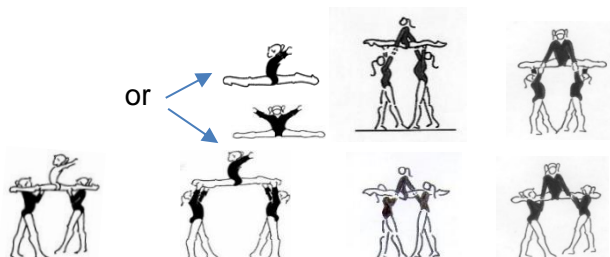
39. **Q:** May the Elements from the compulsory table be shown as link?
A: Yes

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Clarification:

The catch position for splits in women's group (see also in Newsletter Nr 2, cycle 2017-2021):

The following catch positions for split are **ALL allowed** (and minor stylistic variations will be accepted e.g., holding the hand or arm and leg or shin – support points optional) and should be added to the appropriate tables of difficulty:



Clarification:

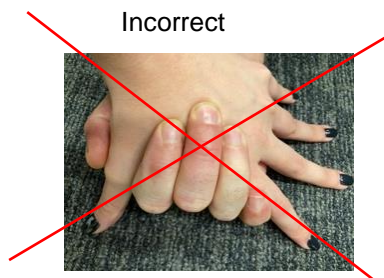
In base positions where the hand(s) or foot/feet of the base are on the floor, the top must grip **ONLY** is permitted for the hand or foot and **NOT** to take additional support on the floor. Otherwise, a penalty of 0.5 for additional support will be applied. (also published in *NL Nr 9, cycle 2017-2021*)

Examples:

Correct










Incorrect











Clarification:

WG Dynamic Pg 74 start position 8 and Pg 75 start position 19

The minus value has to be applied for 4/4 to 7/4 saltos and for 8/4 salto and more

	
4	
	
5	
	
6	
	
7	
	
8	
	
-2	
	
73 Link Table	
74 WG DYN	
75 WG DYN	
76 WG DYN	
77 WG DYN	

 <p>17</p>	 <p>18</p>	 <p>19</p>
<p>- 4 for 4/4 to 7/4 - 6 for 8/4 and more</p>	 <p>20</p>	 <p>21</p>
 <p>22</p>	 <p>23</p>	 <p>24</p>

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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