



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 Wieslawa 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):

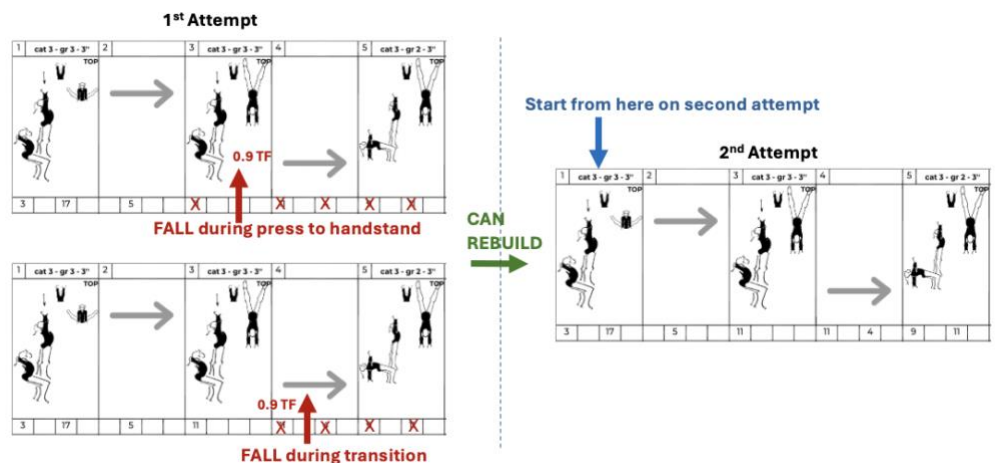
President	Nikolina HRISTOVA	BUL
1 st Vice-President	Irina NIKITINA	RUS
2 nd Vice-President	Juan Antonio León PRADOS	ESP
Member	Bernardo TOMÁS	POR
Member	Marco PALELLA	ITA
Member	Carisa LAUGHON	USA
Member	Amir MOZES	ISR
Athlete representative	Lore Vanden BERGHE	BEL

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:

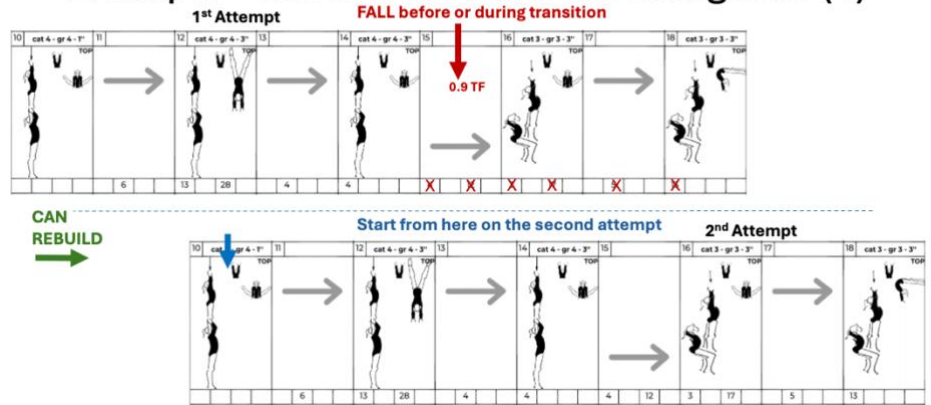




If the group falls during any part of a **transitional pyramid** with base positions from **different categories**:

Example – Bases from Different Categories (1)

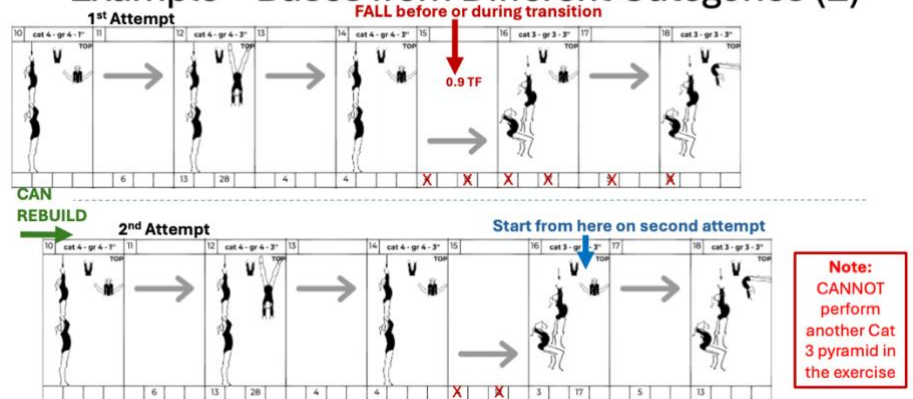
(1) The group is **allowed to rebuild the pyramid** but **MUST start from the very beginning of the pyramid**, exactly as written in the Tariff Sheet



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.



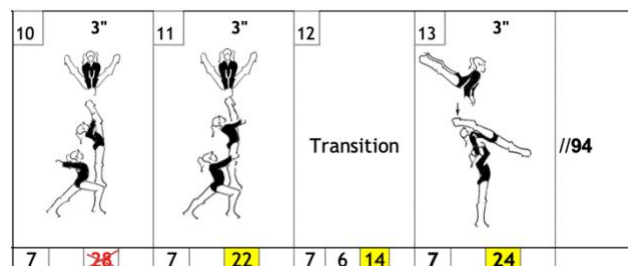
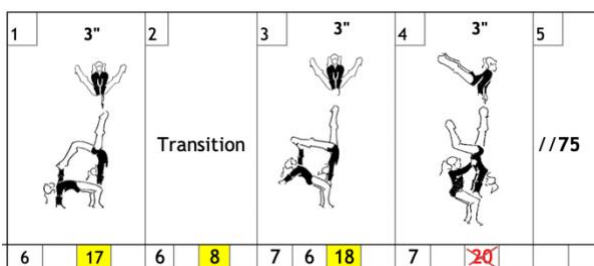
OR

(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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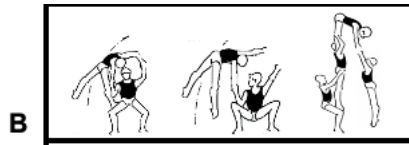


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Q 2: TOD, p. 80 mounts in M4 - in which row is this mount a variation?

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



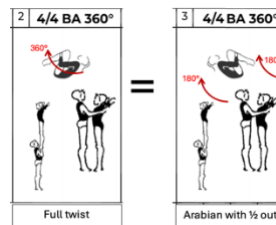
Base grabbing top's shoulder = -0.3 execution deduction



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

