



PYRAMIDES!

Acrobatic Gymnastics
NEWSLETTER – N° 04 – July 2025



LAUSANNE (SUI), July 2025

Dear ACRO Friends,

The work of the TC-Acro continued with the second meeting of the year.
Please find below the clarifications and updates.



CLARIFICATIONS

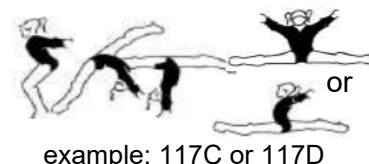
ARTISTRY:

CoP pg. 30 article 31.1: “... *Extreme faces and playback imitations should be avoided. Extreme aggressive, impolite, and disrespectful attitude must be avoided.*” This means, overly theatrical interpretations of the story or music in choreography and performance, extreme and theatrical facial expression, lip syncing, violence (guns, swords fighting, hitting), etc. **MUST** be avoided in the artistic performance of exercises.

- “Play back”, “singing”, “lip syncing” by the gymnasts during the exercise is something we don’t want to see in acrobatic exercises. Playback or lip syncing refers to moving the mouth with words or sounds in music (singing along, screaming, growling, or other mouth movements to mimic the sound or words of the music).
- When coaches and athletes choose to include this type of restricted theatrical and violent moves in their artistry and/or lip syncing in an exercise, artistry should not be awarded full marks in specific artistry criteria, such as #1 question under Expression, “Do all partners project the correct emotion of the exercise?” Restricted movements cannot be used to project and sustain the emotion of a performance.
- **This clarification is effective immediately.**

EXECUTION:

- **CoP 46.7.2** Hesitation in a motion / **mount / link** phase of an element stopping smooth flow.
 - Additional examples of links will be provided on STS soon.
- Individual elements performed to immediate split, must be done with straight legs. The support leg should not bend/squat so much to achieve the split position. Execution deduction will apply for bent legs during the performance of the element and the slide to split.
- **Reminder to judges:** carefully watch simple dynamic elements, such as pitch to hands and straight jumps, and apply appropriate deductions for amplitude, body position, catch stability, etc. STS will be updated with examples.





CoP – Article 34: Competition Attire

- The evaluation of the exercise is focused on the performance of elements and choreography. Leotards should complement the performance, but are not part of the evaluation in artistry.
Note:
- Attire that is listed as **forbidden** or **immodest** is penalized by -0.5 CJP penalty (CoP 44.2.11) if used in competition.
- All other attire infringements are subject to a -0.3 CJP penalty (CoP 44.2.10).

CoP - Measurement Procedure

*Please see the updated Measurement Procedures below. This replaces text on CoP pages 53-55 (Appendix 3) and FIG Youth & Junior Rules pages 17-19 (Appendix 2), **effective immediately.***

Appendix 3: Measurement Procedure

Before competitions, athletes will be measured to the nearest millimeter. The measurement will be carried out by a Medical Doctor or Physiotherapist under the supervision of a member(s) of the Acrobatic Gymnastics Technical Committee or a responsible person(s) designated by the Acrobatic Gymnastics Technical Committee (TC Representative), who control(s) and record(s) all measurements in the presence of ONE official of the member federation (NF Representative).

1. A record will be made, confirming attendance and any recorded measurement by the TC representative, who will notify the NF Representative of the outcome of the measurement.
2. At least 1 member of the TC ACRO shall be present for any re-measurement or measurement which is likely to be contested. In the case of any suspicion of an attempt to avoid correct measurement, 3 members of the Superior Jury, including the President, must be present.
3. Athletes in a partnership are obliged to present for measurement at the same time and must have their accreditation cards (tags) with them. Accreditation is checked against the competition registration number for the partnership.
4. The Head of Delegation and the coach have the responsibility to ensure presentation of their competitors for measurement.
5. All Athletes who perform as **supporting** partners (bases), middles (second or third), or as tops are measured:
 - In bare feet, wearing a T-shirt and shorts or competition attire. All bandages or supports shall be removed.
 - Athletes shall lie on the back, straight, on a line on the floor, in normal posture with feet together and knees pressed back. The shoulders are relaxed.
 - The horizontal length from the feet (heels) to the top of the head is measured using an electronic measuring device for length.





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6. Measurement principles:

- Measurement may take place either before or after a training session on the scheduled days for measurement.
- Athletes who have not presented for measurement on the scheduled day(s) will be disqualified from participation in the competition. For exceptional circumstances, such as illness, the President of the Superior Jury or Technical Delegate may make arrangements for the athlete to be measured at another time.
- When the partnership is clearly within the size tolerance, the athletes' accreditation card details will be registered, and no further measurement is required. Measurement may occur when data is wanted for research purposes.
- When the partnership is not visually within the size tolerance, measurement is compulsory (this is not an option for the coach or athlete).
- In application to groups, relative to the tallest partner, the difference to the next tallest partner will be measured according to the rules above. The same applies to the next one.
- The first measurement taken of each partner unit is recorded and final. The NF representative may request a second measurement immediately.
 - If the second measurement confirms the size penalty of the first measurement, then the second measurement will be recorded and final.
 - If the second measurement results in a different size penalty than the first measurement, then a third measurement is mandatory. A third measurement will be made immediately.
 - The result of the third measurement will be final and recorded. The TC Representative may request the President of the Superior Jury to be present for the third measurement.
- In case of multiple measurements or re-measurements, all partners in the unit will be measured, and the result is always the difference between partners within one measurement procedure (and not the result of the best measurement of each partner separately).

Example 1:

- **1st measurement:** Difference between partners receives a 1.0 penalty. NF representative may request a 2nd measurement (immediately after the first result).
- **2nd measurement:** Difference between partners confirms 1.0 penalty. **Measurement result is final, and the penalty will be applied.** No further measurements will be made.

Example 2:

- **1st measurement:** Difference between partners receives 1.0 penalty. NF representative may request a 2nd measurement (immediately after the first result).
- **2nd measurement:** Difference between partners receives a 0.5 penalty. Since the penalty is different between the first and second measurement, the TC representative proceeds with a 3rd and final measurement.
- **3rd measurement:** Difference between partners confirms the first measurement and penalty of 1.0. **The 1.0 penalty will be applied, and no further measurements will be made.**





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7. The Superior Jury President or Technical Delegate has the authority to request re-measurement of any partnership during competition if there is a question about size or doubt about the accuracy of the data provided by the technicians.
8. A re-measurement, if requested by the Superior Jury President/Technical Delegate, must take place by the conclusion of the first qualification session. Otherwise, the original measurement stands for the entire competition and cannot be questioned anymore. The result of the re-measurement requested is final and applied to all exercises in the respective competition.
9. Athletes who do not co-operate with the instructions of the technician or TC representative for any reason will receive one warning only from the TC Representative. Any further lack of co-operation will result in disqualification from the competition.
10. In the event of an athlete trying to obstruct the measurement process, after one warning, the measurement process will stop and:
 - Disqualification action is taken against the pair/group by the President of the Superior Jury/Technical Delegate,
 - The federation concerned will be given a warning during the competition.
 - The matter will be referred to the Disciplinary Commission after the event, and
 - A repeat of cheating by competitors from the same federation at any time during the competition cycle will result in a sanction of the federation.
11. After all athletes have presented for measurement, the record is delivered to the Superior Jury President/Technical Delegate, who determines which athletes receive a penalty for size. Size penalties are applied by the CJP to the final score of each exercise performed in the respective competition.
12. The height difference between partners without penalty is **29 cm** (with a tolerance up to 29,99).
 - 30 cm up to 34,99 cm difference has the following deduction:
SEN -0.5
 - 35 cm and more difference between partners has the following deduction:
SEN -1.0
13. The apparatus must meet the type and standards:
 1. **An electronic laser device for measuring length.**
 2. **The end side of this device must be fixed against the vertical plate of the tripod.**

Example:



Prototypes:



Correct Positions for Measurement:

1. Heels against the wall = (feet flexed)
2. Knees pressed back.
3. Head in a neutral position.
4. The shoulders are relaxed.



Errors in Position for Measurement



- Error 1: Heels not against the wall and pushing with the toes.
- Error 2: Knees bent.
- Error 3: Kyphosis forward (Round back).
- Error 4: Lordosis. (Avoid pelvis tilt, hips pushed to the front)
- Error 5: Head not on the floor.

QUESTIONS & ANSWERS

REMINDER: Continually check STS for new Competition Videos and TC Content, including practice judging, presentations, example videos, and more! FIG judges attending world-level events SHOULD spend time reviewing STS prior to attending and judging at these events.



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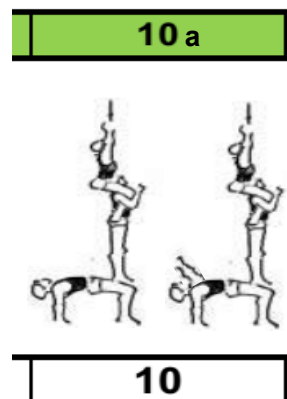
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NEW ELEMENT REQUEST

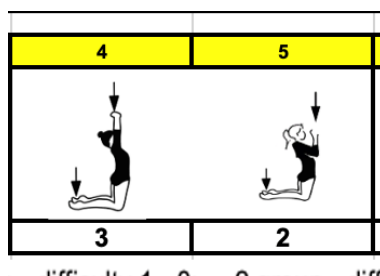
- MG Base Position:

*Base in table with
one free arm*



This is not a new element but a variant of pg. 88/A10a = Value 10

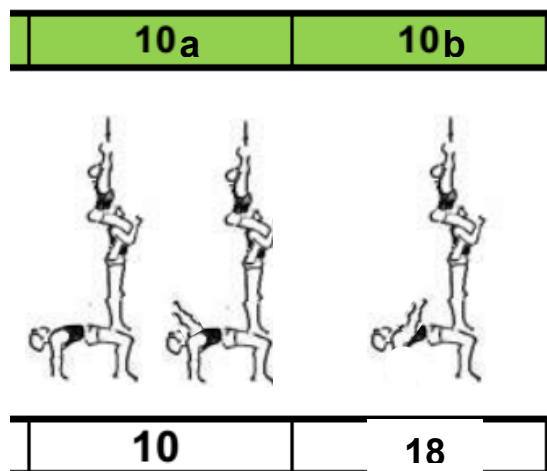
- New Element request: WG



The TC has approved the following new positions.
Please add these positions to pg. 59 in box F4 and F5.

- New Element: MG

*Base in table with
both arms free*



TC has accepted the following position as a new element. Please add it to pg. 88/A10b = Value 18
(base must show a straight and horizontal torso position, like a table, with both arms free).





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CALENDAR OF FIG ACROBATIC GYMNASTICS INTERNATIONAL JUDGES' COURSES

Continental Union	DATES (exam day)	CITY/COUNTRY	Practice Test	Registration Deadline
Americas (PAGU)	11/10/2025 15:00 EST	ONLINE EXAM	04/10/2025 15:00 EST	11/09/2025 15:00 EST
Europe (EG)	18/10/2025 14:00 CET	ONLINE EXAM	11/10/2025 14:00 CET	18/09/2025 14:00 CET
Oceania (OGU)	02/11/2025 10:00 JST	ONLINE EXAM	26/10/2025 10:00 JST	03/10/2025 10:00 JST
Africa (UAG)	13/11/2025 15:00 CET	ONLINE EXAM	06/11/2025 15:00 CET	14/10/2025 15:00 CET
Asia (AGU)	15/11/2025 15:00 JST	ONLINE EXAM	08/11/2025 15:00 JST	16/10/2025 15:00 JST

CALENDAR OF APPROVED FIG ACROBATIC GYMNASTICS EVENTS

DATES	TITLE	CITY / COUNTRY
07/08/2025 - 10/08/2025	THE WORLD GAMES	Chengdu (CHN)
31/10/2025 – 02/11/2025	14 th Senior Asian Championships	Goa (IND)
12/11/2025 – 16/11/2025	Pan American Championships	Carolina (PUR)
06/03/2026 – 08/03/2026	FIG World Cup	Maia (POR)
08/04/2026 – 12/04/2026	FIG World Cup	Puurs-Sint-Amans (BEL)
17/09/2026 – 20/09/2026	2nd Junior World Championships and FIG World Youth Competition	Pesaro (ITA)
24/09/2026 – 27/09/2026	30th FIG Acrobatic Gymnastics World Championships	Pesaro (ITA)

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

Respectfully,

Nikolina HRISTOVA

President of the Acrobatic Gymnastics Technical Committee

Carisa LAUGHON

Acrobatic Gymnastics Technical Committee Secretary

