



PYRAMIDES!

Acrobatic Gymnastics

NEWSLETTER – N° 05 – November 2025



Lausanne (SUI), November 2025

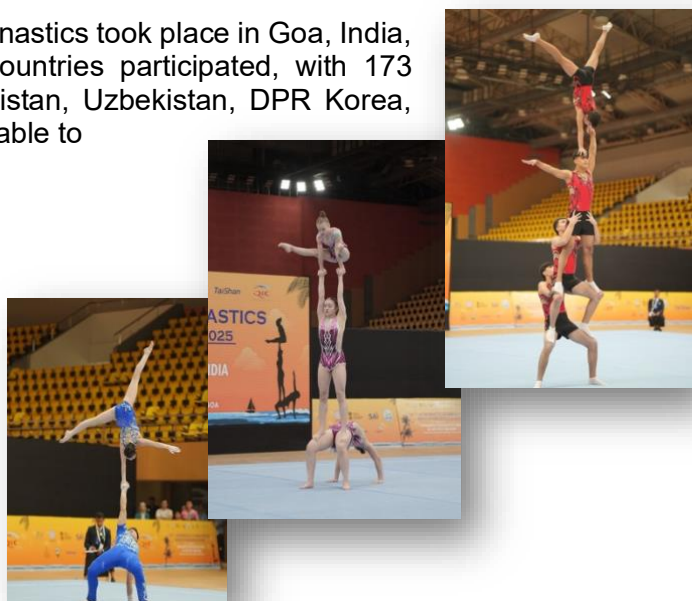
Dear ACRO Friends,

The work of the TC-Acro continued with the third meeting of 2025, held in Sharm El-Sheikh, Egypt. Thank you to the Egypt Gymnastics Federation for hosting us.

ACRO NEWS & EVENTS

The 14th Asian Championships in Acrobatic Gymnastics took place in Goa, India, from October 31 to November 2, 2025. Six countries participated, with 173 competitors: Kazakhstan, Hong Kong, Turkmenistan, Uzbekistan, DPR Korea, and India. Unfortunately, Iran and China were unable to participate for various reasons.

The competition was conducted according to FIG's rules. Three neutral judges were invited: two from Georgia and one from Azerbaijan. The organization was excellent, with a very warm welcome. The competition hall was beautifully designed, and all participants felt very comfortable. On behalf of our entire Asian ACRO community, we would like to thank FIG and the President of AGU-MR, A-RAHMAN AL-SHATHRI, for their trust, says AGU ACRO TC President Aigul DUKENBAEVA.



6th Pan American Championships and Club Cup

The 6th edition of the Pan American Championships took place in Carolina, Puerto Rico, on November 14-16, 2025. The Puerto Rican Gymnastics Federation provided warm hospitality and a well-organized event for over 200 participating athletes. Six countries were represented across the Championships competition and Club Cup: Argentina, Brazil, Canada, Mexico, Puerto Rico, and the United States. Colombia withdrew late and missed. Of note, it was nice to **welcome Argentina who participated for the first time** in the club portion of the event.

The number of participants and the level of competition continue to grow with each edition of the Pan American Championships. Congratulations to all the participating pair-groups and thank you to Puerto Rico for a great event!





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Do you have Acro News to Share? We want to hear from you! Please send a short report and pictures of the acro events as they happen to: acro@fig-gymnastics.org. This can include training camps, international competitions, development opportunities, and more. Help us keep promoting acrobatics!

CLARIFICATIONS

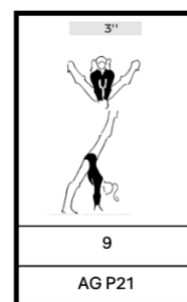
Helicopter Skill

Reminder: Helicopter skills (WG & MG): bases must stay in the same position; they CANNOT rotate with the top. If the bases do not respect this rule, the penalty is loss of difficulty value for the element, **plus** all relevant execution deductions, such as extra steps for the bases, under rotation, body position, amplitude, etc. **This rule takes effect on January 1, 2026.**



Pre-Youth 11-16

The following element has been added to the 2025-2028 Youth & Junior Rules, Appendix 3, Pre-Youth Optional Element Table. Please add it to the table on the Pair Optional Balance Elements page 36, row 3, box #7.



Artistry Evaluation Tool

Below is the link to the Artistry Evaluation Tool, which provides clear explanations and details for each artistry question and reward level in Artistry judging. This tool was developed to help ensure that all judges apply the artistry criteria consistently, accurately, and in the same way.

Access the tool here: [Artistry Evaluation Tool](#)

CoP – Article 34 Competition Attire and Appendix 5

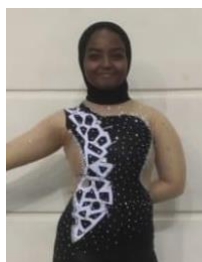
According to the FIG Advertising Rules, please add Article 34.11.

34.11 Gymnasts are authorised to wear a head covering in accordance with the most recent “FIG Rules for Competition Clothing and Advertising”. It must be tight to the head to ensure that it does not fall or move during the routine, provided that the following conditions are met:

- The covering must be tight-fitting, allowing the face to be fully exposed while posing no safety risk while performing.
- The covering must be the same color(s) as the competition leotard, singlet, or top;
- The covering can be attached, unattached (tight enough not to impede vision while upside down), or part of the leotard, singlet, or top;
- No advertising, NF/country designation, Product Technology Identification, or manufacturer logo may be present on the head covering.

Please note that head coverings are only permitted for religious reasons. Additionally, any federation planning to use such coverings must submit a formal request to the TC President before the competition.

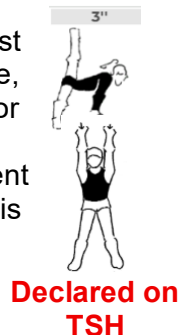
Examples:



QUESTIONS & ANSWERS

Q1: If a tariff sheet shows a split planche, but the gymnast performs a flat planche with legs apart, which is +2 higher value, do they receive the lower value declared on the tariff sheet or receive the +2 for the element performed?

A: The split planche and flat planche are considered different positions. If split planche is declared, but flat planche is performed, DV is cut, but the performed element can be considered for SR. The same is true in reverse – flat planche declared and split planche performed = No DV.



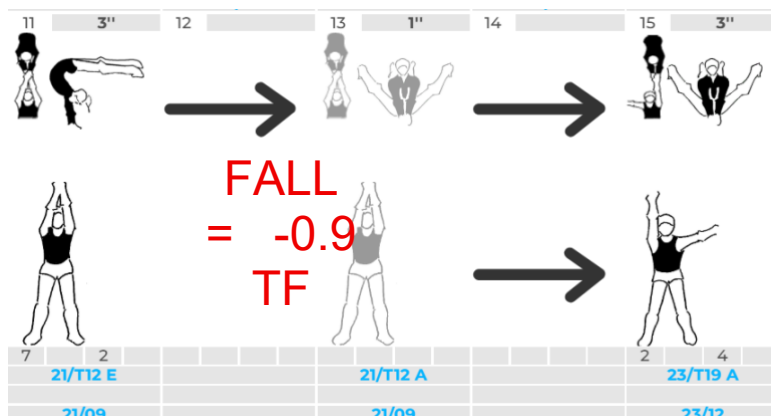
Q2: In a pair combined exercise, can 4 dynamic elements be performed in a series?

A: In PAIRS: It is possible to perform two series of 4 elements in the combined exercise. One series can have 4 dynamic elements (per dynamic restrictions), and one series must include a combination of balance and dynamic elements (per CoP Article 26.4).

Q3: If a pair or group has a mistake or falls during a motion into a balance skill without a static hold declared (pass-through skill), can a time fault penalty be applied?

A: Yes, time fault penalties can apply to balance skills without a static hold declared (pass-through skill) during a balance series to the following 3" static hold because all partners are in place and in a position of value (regardless of whether or not the element of value is claimed for difficulty).

See the example:



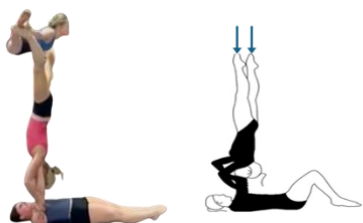
Q4: In Pairs, for a skill involving motion of the top and the base, can the top wait to perform its motion until the base has fully completed its motion?

A: The philosophy in pairs for skills with motion of both the top and base is that the partners should move together. Therefore, during a motion of the base, the top should at least begin the motion before the base reaches the final position. If the top waits to perform the motion until the base is finished with the motion, then the **value of the top motion, during the motion of the base, is cut**, since the top is not performing the motion at the same time as the base.

REMINDER: Regularly 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 before attending and judging at these events.

NEW ELEMENT REQUESTS

- **WG base position**



Accepted as a new position:




64-A1b (in the same box as pg. 64-A1) = DV 9 (Cat 6, gr. 2)

This element will be eligible for performance on **June 1, 2026**.

- **UPDATED COORDINATES: MG Base Positions:**



These base positions were accepted in the NL#4.
Please update the coordinates as follows.

10a	10b	10c
		
10	10	18

CALENDAR OF APPROVED FIG ACROBATIC GYMNASTICS EVENTS

DATES	TITLE	CITY / COUNTRY
06/03/2026 – 08/03/2026	World Cup	Maia (POR)
10/04/2026 – 12/04/2026	World Cup	Puurs-Sint-Amands (BEL)
29/05/2026 - 31/05/2026	World Cup	Burgas (BUL)
05/06/2026 - 07/06/2026	World Cup	Baku (AZE)
19/06/2026 - 21/06/2026	World Cup	Rzeszow (POL)
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)

For more details (directives, time, etc.), please visit the FIG Website "[Calendar](#)".

Help Shape the ACRO Rules for 2029–2032

Since we need to start preparing for the next cycle soon, we would like to hear from all of you about any adjustments, additions, or improvements you would like to see in the ACRO Rules 2029–2032. Please use the Google Form below to share your input. Your feedback is essential for guiding our work and ensuring that the rules meet the needs of our community.

Please submit your feedback through the following link: [CLICK HERE](#)



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Notification:

A request for formal element evaluation by the Acro TC must be submitted by your federation using the official form found in the Tables of Difficulty, sent via email to neuelementsrequest@gmail.com.

Requests should be submitted at least one week before the next TC meeting. The evaluation request **MUST** include a detailed drawing with a suggested value for the element, along with an emailed video of the element.

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

Respectfully,

Nikolina HRISTOVA

President of the Acrobatic Gymnastics Technical Committee

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