

### **Las Vegas (USA), March 2026**

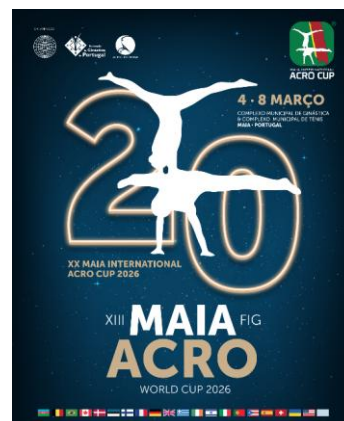
Dear Acro Friends,

The Acro TC had their first meeting of 2026 in Las Vegas (USA) from 11-14 March 2026, with much time spent answering correspondence and discussing rules for the next cycle. Remember, you can help shape the Acro rules for 2029-2032. [CLICK HERE](#) to submit your feedback for the next cycle.

## 1st WORLD CUP OF THE NEXT SERIES FOR ACROBATICS

### **World Cup in Maia (POR)**

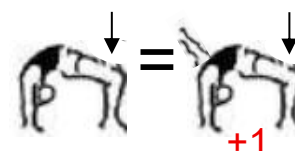
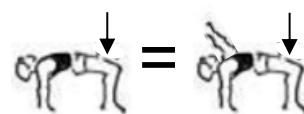
The first of five World Cups in the 2026 series took place in Maia, Portugal from 6-8 March. It was a strong competition to set the stage leading into the 30<sup>th</sup> World Acrobatic Gymnastics Championships taking place later this year. Participation included 113 athletes representing 12 countries. Many thanks to the Portugal Gymnastics Federation and the local organizing committee, who did a great job in organizing this event.



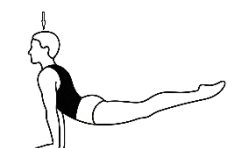
## CLARIFICATIONS

### ➤ **Men's Group-base pyramids:** ToD page 7: Add the following General Rules

- The MG one-arm table base position is considered a variant of the table position with 2 arms on the floor. No additional value is awarded for a one-arm table.
- The MG one-arm bridge base position is considered a variant of bridge with 2 arms on the floor; the one-arm bridge receives +1 for the base position.



- **Pairs:** ToD page 22: Base position #8 – change the picture to the following. It is not technically possible for the base to be in a box planche position while the top is working on head. Therefore, the base can be in a slight arch shape (as pictured).

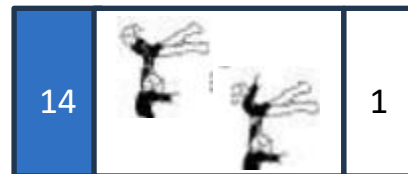


# PYRAMIDS!

## ACROBATICS

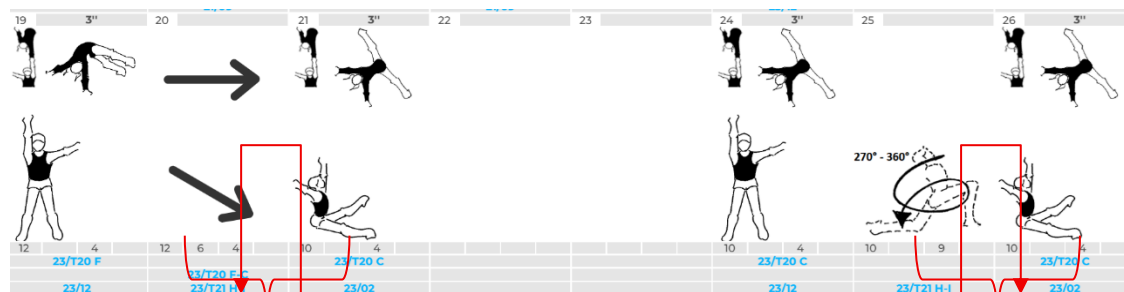
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- ToD page 23: Remove base position #15.



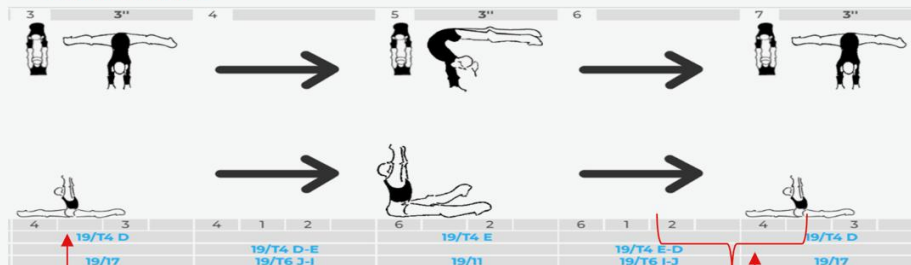
- ToD page 25: Add the top position as #14, DV=1.
- CoP – Art 17.11 “...To be considered as **identical**, the element must be identical in all aspects.” **and** Art 19.7 “Definition of an element of difficulty... Start position of the Top + Motion of the Top + Motion of the Base + Static Hold of the Top + Base position.” Using both of these articles, it is possible to perform the following in an exercise **without** being considered identical elements (see examples).

### EXAMPLE



Different motions into static hold  $\neq$  IDENTICAL

### EXAMPLE 2



Static Hold  
Element without motion  
into static hold

$\neq$

Motion  
Element with motion  
into static hold

- CoP Art 36.4 and Art 46.4 – please remember execution deductions shall apply for choreographic elements, such as rolls, leaps, jumps, walkovers, cartwheels, etc. performed in an exercise in accordance with the execution fault table.

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## ACROBATICS

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- CoP - Art 34.7: Clarification for Attire: ...**full** human face drawings (drawing or photograph) in the design are forbidden.

**Note:** Animal drawings (i.e., lion, snake, dragon) or isolated detail/parts of the human face (i.e., eye, mouth, etc.) are allowed.

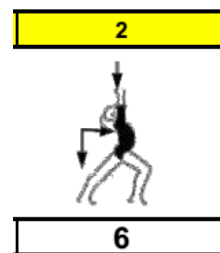


Text  
X

### Q & A

**Q:** TOD p59 F-2: Please clarify the middle's support point on the base. Can the support point be on the base's arm? On the base's thigh? Is it possible to have the middle's forearm touching the back of the base?

**A:** The support point of the middle is with one hand on the base's leg and the other hand can be placed on the shoulder or hip/waist of the base, as long as the construction matches the picture shown in the TOD. However, the middle using the elbow or forearm to rest on the back or body of the base is considered additional support (-0.5).



**Q:** If a gymnast performs a 360° handstand (p112-#41 v2) and follows it with a healy (p113-#73 v3), can it be considered a single element with a +2 bonus (so total value is 5).

**A:** No, this cannot be considered as a single element. It would be considered two elements performed in a series.

**Q:** Does the concept of "series of elements" only apply to "tumbling" elements or is it applicable to other types of individual elements made in sequence? Practical example: gymnast performed cartwheel + **flic to knee + front split + split press to handstand**. Is it possible to declare **ONLY** the elements in bold and receive difficulty value or is it mandatory to declare the cartwheel and only receive value for the first 3 elements?

**A:** A series of individual elements can be composed of tumbling elements as well as other characteristics of individual elements. Since a cartwheel is an element in the ToD, it must be declared on the TSH (exception: 11-16 balance). If the cartwheel is not declared, elements in the series that follow the cartwheel will not receive difficulty value (CoP Art 27.2).

**Q:** Can a balance element that is declared on TSH as 1" hold, but is held for 3" count for SR?

**A:** NO

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## ACROBATICS

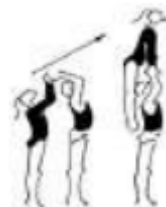
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**Q:** Should the top's motion from crocodile to handstand, which is often performed with a push/momentum from the base's legs, be considered a mount, not a motion?

**A:** No, this motion is considered a motion, without execution deductions for the base using legs to give "push"/momentum.

**Q:** Can this mount stop in the mid-point (ToD pg. 28-D)?

**A:** If the mount starts with the top on the floor, then no stop is allowed in the middle. If there is a complete stop in the element, difficulty must be cut. Hesitation penalties may apply. There is a variation of this mount with the top starting in support on arms of the base.



**Q:** When should the CJP apply the penalty for inappropriate lyrics?

**A:** The CJP applies the penalty in accordance with CoP Art. 44.2.4 when inappropriate lyrics are identified in the music.

Please carefully review music according to CoP Art 33.3 because there are many pieces of music that are on the limits of appropriateness. Also note, the TC may perform **random checks of music and leotards** before competition, **effective immediately**. Penalties may be applied in competition and/or future restrictions may be made in the rules if there are many problems.

**Q:** Can a cartwheel (individual element) be performed with one arm?

**A:** Yes, cartwheel, round off, and flic can be performed with one arm and are considered a variant without any + value.

**Q:** Split planche is declared in the TSH, box planche is performed in the exercise, we understand difficulty is cut for the static hold, but can difficulty be awarded for the motion into or out of the planche?

**A:** CoP Art 18.4: "When a base(s) or top is in a position that does not receive difficulty value, because of repetition or restriction, or because there is a "0" value in the Tables of Difficulty, no additional difficulty is given for the static position or motion of the partner." Because of this rule, if the wrong element is declared on the tariff sheet, difficulty is cut for 1) the motion into the static hold (top start position + top motion + base motion), 2) the static hold, AND 3) the motion out of the static hold (top start position + top motion + base motion).

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## ACROBATICS

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Note: Two clarifications that are *EXCEPTIONS* to Article 18.4:

- Jan 2022 Newsletter (pg 4 – D Judging) regarding a fall during the motion phase of a balance element, can the static hold be rebuilt? A: Difficulty value for the motion must be taken out and the value for the static hold can be given since the pair did rebuild and performed the static hold, which was declared on the tariff sheet.
- July 2022 Newsletter (Q13) regarding the top moving out of position *BEFORE* the bases(s) begin the motion. "... 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."

### EXAMPLE 1

**Performed in**

**Declared on TSH**

19/T4 A	3 /	6 /	2 /	3 /	4	2
19/12	19/T4 A-C	19/T4 C	19/T4 C-D	19/T4 D		
		19/12			19/12	

### EXAMPLE 2

**Performed in**

**Declared on TSH**

19/T4 A	4 /	6 /	2 /	4	2
19/12	19/T4 A-G	19/T4 G	19/T4 G-D	19/T4 D	
		19/12		19/12	

### EXAMPLE 3

**Performed in**

**Declared on TSH**

19/T4 A	3 /	6 /	2 /	6 /	3 /	3 /	4	3
19/12	19/T4 A-C	19/T4 C	19/T4 C-D	19/T6 H-J	19/T4 D			
		19/12			19/17			

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## ACROBATICS

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**Q:** Are bases like these (see below) allowed to have the top 2:1 on the neck of the middle (ToD pg. 60-E)?

2	3	4	5	6	7
5	10	12	10	12	11

**A:** ToD pg 12 “General restrictions: ... Women’s Pairs and Women’s Groups may not work

1. on the back of the neck (Except with an additional point of support...)
2. or on top of the head (Forbidden).”

The top can perform with 2 hands on the shoulders or 2:1, but support must be on the back, not the NECK. If support is on the neck, the element is considered FORBIDDEN.

### NEW ELEMENT REQUESTS

ToD page 53 – A: New mounts for WG added, power or jump from shoulders to straight arms of base.

New elements are valid for use 6 months after publication of this newsletter.

**WG Group Mounts:** Value without the static hold

	A		B			D			A					B					D					E					
Power or Jump	1	2	3	3	4	5	3		5	1	2	4	3	5															

Mounts in groups also received + value in accordance with TOD, GR, p.11.

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## ACROBATICS

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### CALENDAR OF APPROVED WG ACROBATICS EVENTS

DATES	TITLE	CITY / COUNTRY
8-12 April 2026	FIG World Cup	Puurs-Sint-Amands (BEL)
29-31 May 2026	FIG World Cup	Burgas (BUL)
05-07 June 2026	FIG World Cup	Baku (AZE)
05-07 June 2026	AGF Trophy IT 2026	Baku (AZE)
19-21 June 2026	FIG World Cup	Rzeszow (POL)
17-20 September 2026	2nd Junior World Championships and FIG World Youth Competition	Pesaro (ITA)
24-27 September 2026	30th FIG Acrobatic Gymnastics World Championships	Pesaro (ITA)

Respectfully,

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