



BURGAS  
INTERNATIONAL  
ACRO CUP  
BIAC'23  
(3<sup>rd</sup> EDITION)

BURGAS, BULGARIA – 26 – 28 MAY 2023

Info all: [www.acrocupburags.com](http://www.acrocupburags.com)

# DIRECTIVES

Dear ACRO Friends,

Club of Sports Acrobatics Chernomoretz along with the Municipality of Burgas and the Bulgarian Federation of Sports Acrobatics have the pleasure to invite you to an International Championship in Acrobatic Gymnastics.

**All participants must register through the BIAC'23 OC. Non-registered delegations will not be allowed to participate.**

|                      |                                                                                                                                                                                                                                                                                                                                        |
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| DISCIPLINE           | Acrobatic Gymnastics                                                                                                                                                                                                                                                                                                                   |
| ORGANIZING COMMITTEE | Club of Sports Acrobatics Chernomoretz<br>Contact Person: Atanas Plamenov<br>139, zh.k. Izgrev,<br>8005, Burgas, Bulgaria<br>Phone number: +359 (0)888337777<br>E-mail: <a href="mailto:atanas_plamenov@bulgym.bg">atanas_plamenov@bulgym.bg</a><br>Official website: <a href="http://www.acrocupburgas.com">www.acrocupburgas.com</a> |
| LOCATION             | Burgas, BULGARIA, 130km from Varna and 360km from Sofia                                                                                                                                                                                                                                                                                |
| DATE                 | From <b>25.05.2023</b> to <b>28.05.2023</b>                                                                                                                                                                                                                                                                                            |
| VENUE                | Mladost Sports Hall<br>Zh.k. Slaveykov 62-3, 8005, Burgas<br>Competition Hall with 24 x 44, 12m (height).                                                                                                                                                                                                                              |

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| <p>PROVISIONAL SCHEDULE</p> | <p><b>The detailed schedule will be determined and published on the website (<a href="http://www.acrocupburgas.com">www.acrocupburgas.com</a>)</b></p> <p><b>Wednesday, 24.05.2023</b><br/>Delegations' arrival / Free Training (Training Floors)</p> <p><b>Thursday, 25.05.2023</b><br/>Orientation Meeting / Judge meeting / Podium training (with music) as per schedule</p> <p><b>Friday, 26.05.2023</b><br/>Opening Ceremony / Qualification (1<sup>st</sup> exercise)<br/>AG: 8-15; 9-16, 10-18, 11-19 and Seniors</p> <p><b>Saturday, 27.05.2023</b><br/>Qualification (2<sup>nd</sup> exercise)<br/>AG 8-14, 8-15 and 8-16; AG 9-16, 10-18, 11-19 and Seniors</p> <p><b>Sunday, 28.05.2023</b><br/>Finals / Award Ceremony</p> <p><b>Monday, 29.05.2023</b><br/><br/>Departure of all delegations</p> |                |                |                 |                                      |
| <p>INVITED</p>              | <p>The Burgas International Acro Cup is opened to National, Regional and Club Teams.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                |                |                 |                                      |
| <p>SIZE OF DELEGATION</p>   | <p>Each delegation may include:</p> <ul style="list-style-type: none"> <li>- 1 Head of delegation</li> <li>- 1 Team Manager</li> <li>- Coaches (max 1 coach / 3 formations)</li> <li>- <b>Unlimited</b> acrobatic pairs/groups</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                |                |                 |                                      |
| <p>AGE LIMITS</p>           | <p>AGE LIMITS</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Balance</p> | <p>Dynamic</p> | <p>Combined</p> | <p>General Rules</p>                 |
|                             | <p>8 years old – 14 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                |                | <p>X</p>        | <p>General rules in Appendix 3</p>   |
|                             | <p>8 years old – 15 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>X</p>       | <p>X</p>       |                 | <p>General rules in Appendix 2</p>   |
|                             | <p>8 years old – 16 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                |                | <p>X</p>        | <p>General rules in Appendix 1</p>   |
|                             | <p>9 years old – 16 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>X</p>       | <p>X</p>       |                 | <p>Rules for 11-16 FIG Age Group</p> |
|                             | <p>10 years old – 18 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>X</p>       | <p>X</p>       | <p>X</p>        | <p>Rules for 12-18 FIG Age Group</p> |
|                             | <p>11 years old – 19 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>X</p>       | <p>X</p>       | <p>X</p>        | <p>Rules for 13-19 FIG Age Group</p> |
|                             | <p>Minimum 12 years old</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p>X</p>       | <p>X</p>       | <p>X</p>        | <p>Rules for Seniors</p>             |
|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                |                |                 |                                      |

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| <p>TARIFF SHEETS<br/>AND MUSIC</p> | <p>The Tariff Sheets and Music must be created and uploaded on ACROCOMPANION software until 16.05.2023. Please identify the Tariff Sheets and Music with Pair/Group number.<br/>The music must be MP3 format only. Other formats will be rejected by the system. The number will be given after the Nominative registration and will appear in the Participants lists.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                               |  |                          |            |                               |                         |            |                               |                         |            |                              |
| <p>AWARD<br/>CEREMONY</p>          | <p>Only the first three places will be requested to participate in the Medal Award Ceremonies. They are requested to appear in competition suit. A Cup for each team. PRIZE MONEY will be given for the 9-16, 10-18, 13-19 and SENIOR competition if, per category, at least 6 teams are in the final and teams from at least 3 different countries entered the competition (qualifications) in that category.</p> <p style="text-align: center;">AG: 9-16</p> <p style="text-align: center;">1<sup>st</sup> place – 30 Euro (for each partner of the Pair/Group)<br/>2<sup>nd</sup> place – 20 Euro (for each partner of the Pair/Group)<br/>3<sup>rd</sup> place – 10 Euro (for each partner of the Pair/Group)</p> <p style="text-align: center;">AG: 10-18 and 11-19</p> <p style="text-align: center;">1<sup>st</sup> place – 40 Euro (for each partner of the Pair/Group)<br/>2<sup>nd</sup> place – 30 Euro (for each partner of the Pair/Group)<br/>3<sup>rd</sup> place – 20 Euro (for each partner of the Pair/Group)</p> <p style="text-align: center;">AG: SENIOR</p> <p style="text-align: center;">1<sup>st</sup> place – 50 Euro (for each partner of the Pair/Group)<br/>2<sup>nd</sup> place – 40 Euro (for each partner of the Pair/Group)<br/>3<sup>rd</sup> place – 30 Euro (for each partner of the Pair/Group)</p> |                               |  |                          |            |                               |                         |            |                               |                         |            |                              |
| <p>JUDGES</p>                      | <p>Each participating Federation/Club must provide minimum one, maximum two judges.<br/><b>NO JUDGE – PENALTY: 100 Euro/day</b><br/>Judges must be available throughout the whole competition.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                               |  |                          |            |                               |                         |            |                               |                         |            |                              |
| <p>REGISTRATION<br/>DEADLINES</p>  | <p style="text-align: center;"><b>Provisional, Definitive and Nominative Registration</b> must be sent to OC.</p> <table border="1" data-bbox="415 1619 1541 1738"> <tr> <td style="text-align: center;">Provisional registration</td> <td style="text-align: center;">26.02.2023</td> <td style="text-align: center;">(3 months prior to the event)</td> </tr> <tr> <td style="text-align: center;">Definitive registration</td> <td style="text-align: center;">26.03.2023</td> <td style="text-align: center;">(2 months prior to the event)</td> </tr> <tr> <td style="text-align: center;">Nominative registration</td> <td style="text-align: center;">26.04.2023</td> <td style="text-align: center;">(4 weeks prior to the event)</td> </tr> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                               |  | Provisional registration | 26.02.2023 | (3 months prior to the event) | Definitive registration | 26.03.2023 | (2 months prior to the event) | Nominative registration | 26.04.2023 | (4 weeks prior to the event) |
| Provisional registration           | 26.02.2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | (3 months prior to the event) |  |                          |            |                               |                         |            |                               |                         |            |                              |
| Definitive registration            | 26.03.2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | (2 months prior to the event) |  |                          |            |                               |                         |            |                               |                         |            |                              |
| Nominative registration            | 26.04.2023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | (4 weeks prior to the event)  |  |                          |            |                               |                         |            |                               |                         |            |                              |
| <p>ENTRY FEES</p>                  | <p>The non-refundable cost of the Entry Fee is of 35 Euro per gymnast. The whole Entry Fee must be paid to OC until <b>26.03.2022</b> (Definitive entry)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                               |  |                          |            |                               |                         |            |                               |                         |            |                              |

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| <p>ACCOMMODATION<br/>AND MEALS</p>      | <p style="text-align: center;">Hotel 1<br/>(Hotel Mirage – 2’ from Sports Hall)<br/>Complex Slaveykov 93<br/>8005, Burgas<br/>Burgaria</p> <p>The costs per person/night are as follows:<br/>90 Euro (single room)<br/>75 Euro (double room)<br/>65 Euro (triple room – double room with additional bed for a child, up to 12 years)<br/>Breakfast, lunch, and dinner are included in the price.</p> <p style="text-align: center;">Hotel 2<br/>(Hotel Aqua – 10’ from Sports Hall)<br/>Complex Lazur 129<br/>8000, Burgas<br/>Burgaria</p> <p>The costs per person/night are as follows:<br/>85 Euro (single room)<br/>70 Euro (double room)<br/>60 Euro (triple room)<br/>Breakfast, lunch, and dinner are included in the price.</p> <p>The completed Accommodation Form must be returned to the OC by 26.03.2023 at the latest, the Hotel rooms will be allocated at “first come, first serve” basis. Accommodation will be reserved after the financial obligations are met (50% accommodation package + entry Fee).</p> <p><b>All participants must register their Accommodation packages through the BIAC'23 OC.</b></p> |
| <p>FINAL BANQUET</p>                    | <p>A farewell party will be organized and will be followed by disco and dance. All delegations that have booked their accommodation with the OC are invited to participate without additional payment. Extra tickets will be available at the OC office at 35 Euro per person. Requests for extra tickets must be made, at the very latest, by Sunday morning (27.05.23)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p>INTERNATIONAL<br/>TRANSPORTATION</p> | <p>The invited participating Federations/Clubs must pay for the travel costs of their Delegation members. The Travel Schedule Form must be returned to the OC by 26.04.2023.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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| <p>LOCAL<br/>TRANSPORTION</p>     | <p>Transportation from and to the Burgas Airport is provided by the OC to all delegation that have booked the Accommodation through the OC. The Travel Schedule Form must be returned to OC by 26.04.2023 (along with the Nominative registration).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p>VISA</p>                       | <p>Please verify immediately with your travel agent or the Bulgaria Embassy or Consulate in your country if a visa is required for your travel to Bulgaria. The OC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 26.03.2023 to the OC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>                                                                                                                                                                                                                                                                                                                                                               |
| <p>INSURANCE</p>                  | <p>The OC will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like. All participating Federations/Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents, and repatriation for all the members of their Delegation. If the note has not been sent in advance to the OC (which is strongly recommended), the OC will verify the insurance coverage upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegation's entire stay. Delegation members with insufficient insurance coverage must inform the OC in advance. The OC will subsequently offer insurance coverage at the Federations/Clubs own charge as follows: 35 EURO per person/day.</p> |
| <p>ACCREDITATION</p>              | <p>Federations/Clubs will receive accreditation based on Nominative Registration upon arrival at the Competition Venue.</p> <p>All participants and officials are requested to always wear identification cards. The identification is personal, non-transferable, and compulsory to control access to training and competition hall. If you lose your identification card, you will have to buy a new one for the price of 15 Euro. The Heads of Delegation must present the passports of all members of the team. Proof of adequate insurance coverage should be submitted to the OC. In order to save time during the accreditation process, we encourage delegations to send us the copies of passports and insurance certificates by email: <a href="mailto:chernomoretz_gym@abv.bg">chernomoretz_gym@abv.bg</a></p> <p>The final workplan will be uploaded on the website (<a href="http://www.acrocupburgas.bg">www.acrocupburgas.bg</a>)</p>     |
| <p>ADDITIONAL<br/>INFORMATION</p> | <p>All further information concerning the detailed program will be given with the official WORK PLAN, in May 2023.</p> <p>BIAC'23 NEWS FLASH will be sent by email and uploaded online on the Official website in all major updates.</p> <p><b>All participants must book their Accommodation via BIAC packages.</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| <p><b>BANK ACCOUNT INFORMATION AND FINACES</b></p> | <p>Each participating member Federation/Club is kindly requested to use the following bank details:</p> <p><b>BANK NAME:</b> KBC Bank<br/> <b>BANK ADDRESS:</b> SOFIA 1407, 55 NIKOLA VAPTZAROV BLVD, EXPO 2000<br/> <b>BENEFICIARY:</b> SPORT ACROBATICS CLUB CHERNOMORETZ<br/> <b>BENEFICIARY ADDRESS:</b> 139, IZGREV, BURGAS,8000, BULGARIA<br/> <b>IBAN:</b> BG07RZBB91551013293956<br/> <b>SWIFT/BIC:</b> RZBB BGSF</p> <p>Each participating Federation/Club member is kindly requested to enter the payment's purpose as follows:<br/>         Example: BUL, BIAC'23</p> <p>The delegations are responsible for covering their Travel expenses, Accommodations, Meals, and Entry Fee. 100% of the Entry Fee + 50% of the Accommodation package must be paid until 26.03.2023 (Definitive registration).</p> <p>Make sure that all the possible transfer charges (sending and receiving) and the correct amount of money is deposited in our account. When making an international bank transfer you can usually choose between different options, depending on who should pay the fees. All transfer charges are at your expenses.</p> |
| <p><b>CANCELLATION POLICY</b></p>                  | <p>Cancellation will only be accepted by e-mail.<br/>         In case of a cancellation, costs will be refunded as follows:<br/>         By 26.03.2023: 100% refund<br/>         27.03.2023 – 25.04.2023: 50% refund<br/>         After 26.04.2023: No refund</p> <p>Money is refunded only by Bank transfer. All costs for the Bank transfers will be at the expense of the participating Federation/Club.<br/>         No refund will be made after the deadline of the Nominative registration.<br/>         Entry Fee – At the team of the Definitive registration (26.03.2023) each Federation/Club must pay 35 Euro per individual gymnast, and this is non-refundable.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p><b>EVENT MANAGER</b></p>                        | <p>Atanas Plamenov<br/>         Phone number: +359 (0)888337777<br/>         E-mail: <a href="mailto:atanas_plamenov@bulgym.bg">atanas_plamenov@bulgym.bg</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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| <p>LOCAL MEDIA AND MEDIA RIGHTS</p> | <p>Media representatives (journalist, photographers, TV) must request a special accreditation from the OC. The media will be assigned special seating and working conditions.</p> <p>The organization records and streams the competition and has the right to upload the movies online. Entering the competition automatically grants BIAC the rights to use and publish all photographic material and image rights.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>MEDICAL SERVICE</p>              | <p>A physiotherapist or sport masseur will be present during training sessions and competitions.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p>RULES AND REGULATIONS</p>        | <p>The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these <b>Directives</b>.</p> <ul style="list-style-type: none"> <li>- FIG rules as valid on January 1<sup>st</sup> 2022</li> <li>- Code of Points (2022-2024) and relevant Newsletters</li> <li>- Appendix for BIAC'23</li> </ul> <p>The competition will take place in the following categories of Acrobatic Gymnastics:</p> <ol style="list-style-type: none"> <li>1. Age Group – 12+ Seniors (According to FIG Rules for Seniors)</li> <li>2. Age Group – 11 – 19 (According to FIG Rules for AG 13-19)</li> <li>3. Age Group – 10 – 18 (According to FIG Rules for AG 12-18)</li> <li>4. Age Group – 9 – 16 (According to FIG Rules for AG 11-16)</li> </ol> <p>Age Group Seniors, Age Group 11-19 and Age Group 10-18 have Balance and Dynamic exercises and a final with Combined exercise for best 8/6. The final starts from Zero.</p> <p>Age Group 9-16 have Balance and Dynamic exercise and a final with Balance or Dynamic exercise for best 8/6 (see Age Group/ Juniors Group Rules FIG). The final starts from Zero.</p> <p>If case of a tie, the tie-breaking regulations will be applied.</p> <ol style="list-style-type: none"> <li>1. Age Group Youth – 8 – 16 (According to Technical Regulation Appendix 1)<br/>Age Group 8-16 have Combined exercise and a final with Combined exercise for best 8/6. The final starts from Zero.</li> <li>2. Age Group Youth – 8 – 15 (According to Technical Regulation Appendix 2)<br/>Age Group 8-15 have Balance and Dynamic exercise and a final with Balance or Dynamic exercise for best 8/6 (see Age Group/ Juniors Group Rules FIG). The final starts from Zero.</li> <li>3. Age Group Youth – 8 – 14 (According to Technical Regulation Appendix 3)<br/>Age Group 8-14 have Combined exercise and a final with Combined exercise for best 8/6. The final starts from Zero.</li> </ol> <p>If case of a tie, the tie-breaking regulations will be applied.</p> |



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| DEADLINES<br>SUMMARY                                                                   | Provisional Registration                       | 26.02.2023 |
|                                                                                        | Definitive Registration                        | 26.03.2023 |
|                                                                                        | Nominative Registration                        | 26.04.2023 |
|                                                                                        | Accommodation Form                             | 26.03.2023 |
|                                                                                        | Travel Schedule Form                           | 26.04.2023 |
|                                                                                        | Visa Request Form                              | 26.03.2023 |
|                                                                                        | Entry Fee Payment                              | 26.03.2023 |
|                                                                                        | 1 <sup>st</sup> 50% Accommodation Cost Payment | 26.03.2023 |
|                                                                                        | 2 <sup>nd</sup> 50% Accommodation Cost Payment | 26.04.2023 |
|                                                                                        | Buy extra tickets for Banquet                  | 26.04.2023 |
|                                                                                        | Fine for missing judge Payment                 | 26.04.2023 |
| Sincerely Yours,<br>Burgas International<br>ACRO Cup 2023<br>Organization<br>Committee |                                                |            |

APPENDIX 1

COMPETITION PROGRAM

AGE GROUP YOUTH 8-16

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p>COMPETITION STRUCTURE</p>   | <p>Each pair and group perform one Combined exercise.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>COMPOSITION OF EXERCISE</p> | <p>Music for all exercises has a maximum duration 2 minutes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>SPECIAL REQUIREMENTS</p>    | <p><b>Pairs:</b> choose 2 balance elements from 11-16 difficulty tables (2 x 3” hold) + 1 optional element from FIG tables (1 x 3” hold) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables. 1 element must be a catch and maximum 1 dismount. (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements). Maximum of 6 Pair/Group elements.</p> <p><b>Groups:</b> choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (3 static holds of 3” are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional elements from FIG tables. 1 element must be a catch and maximum 1 dismount. (OPTIONAL can be from 11-16 difficulty tables but not from the same ROWS used on the compulsory elements)<br/>Maximum of 6 Pair/Group elements.</p> <p><b>Individual:</b> Each gymnast must perform 3 individual elements – no matter if it is Balance or Tumbling and no matter if they are different.</p> |

APPENDIX 2

COMPETITION PROGRAM

AGE GROUP YOUTH 8-15

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p>COMPETITION STRUCTURE</p>   | <p>Each pair and group perform one Balance and one Dynamic exercise, composed in accordance with FIG TOD. The total score of Balance and Dynamic exercise determines the finalists.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>COMPOSITION OF EXERCISE</p> | <p>Music for all exercises has a maximum duration 2 minutes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>SPECIAL REQUIREMENTS</p>    | <p><b>Pairs:</b><br/>                 Each Balance exercise must include a minimum 5, maximum of 8 Balance elements for additional difficulty. For each missing element, there is a penalty of 1.0. Each additional element over 8 is penalized with a penalty of 1.0. Unsupported handstand is not required in a Balance exercise. In Balance exercise each element must have a minimum of difficulty value 1 and a maximum degree of difficulty 9.</p> <p>Each Dynamic exercise must include a minimum 6, maximum of 8 Dynamic elements for additional difficulty, two of which must be catches. For each missing element, there is a penalty of 1.0. Each additional element over 8 is penalized with a penalty of 1.0.</p> <p>In Dynamic exercise each element must have a minimum difficulty value of 1 and a maximum degree of difficulty 14. Landings on the floor must be supported. All catches must demonstrate control.<br/>                 If difficulty is exceeded a penalty of 1.0 will be applied.</p> <p><b>Individual:</b><br/>                 Balance exercise: Each partner must perform 3 individual elements selected from the TOD. If this Special requirement is not fulfilled a penalty of 1.0 is applied.<br/>                 Dynamic exercise: Each partner must perform 3 tumbling individual elements selected from the TOD. In individual elements, a somersault in Dynamic exercise is not required. If this Special requirement is not fulfilled a penalty of 1.0 is applied.</p> |

**Groups:**

Each Balance exercise must include minimum 2, maximum 3 pyramids for additional difficulty. For each missing pyramid a penalty of 1.0 is applied. There must be a minimum 3 static holds of 3 seconds each. Maximum 6 statics poses can be performed in the whole exercise. Group can perform 2 pyramids from the same category. In Balance exercise each element must have a minimum difficulty value of 4 and a maximum degree of difficulty 17.

Each Dynamic exercise must include a minimum of 6, maximum of 8 Dynamic elements, two of which must be catches. For each missing element, there is a penalty of 1.0. Each additional element over 8 is penalized with a penalty of 1.0. In Dynamic exercise each element must have a minimum difficulty value of 1 and a maximum degree of difficulty 14 for WG and 10 for MG. If difficulty is exceeded a penalty of 1.0 will be applied. Landings on the floor must be supported. All catches must demonstrate control. If difficulty is exceeded a penalty of 1.0 will be applied.

**Individual:**

Balance exercise: Each partner must perform 3 individual elements selected from the TOD. If this Special requirement is not fulfilled a penalty of 1.0 is applied.

Dynamic exercise: Each partner must perform 3 tumbling individual elements selected from the TOD. In individual elements, a somersault in Dynamic exercise is not required. If this Special requirement is not fulfilled a penalty of 1.0 is applied.

**Important for this age group:**

In this Age group additional difficulty for handstands in women's pair and women's group is not rewarded (like the rules for 11-16).

APPENDIX 3

COMPETITION PROGRAM

AGE GROUP YOUTH 8-14

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>COMPETITION STRUCTURE</p>   | <p>Each pair and group perform one Combined exercise. The elements should be selected <b>ONLY</b> from the Tables of Difficulty for these Ages.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>COMPOSITION OF EXERCISE</p> | <p>Music for all exercises has a maximum duration 2 minutes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p>SPECIAL REQUIREMENTS</p>    | <p>The exercise must contain 6 elements. For each missing elements, a special requirement penalty of 1.0 is applied.</p> <p>The exercise must include 2 Balance elements and 2 Dynamic elements from the Tables of Difficulty only from those age group.<br/>The rest, up to 6 elements can be:</p> <ul style="list-style-type: none"> <li>- 2 Balance elements</li> <li>- 2 Dynamic elements</li> <li>- 1 Balance and 1 Dynamic elements</li> </ul> <p>Each Balance elements must be static hold 3” seconds.<br/>Each partner must perform 2 individual elements from Balance, Flexibility, Agility and 2 individual elements from Dynamic. Somersault is NOT required. To calculate the difficulty of the individual exercise, the score of the elements is added together and then divided between the number of partners. Individual elements from Balance, Flexibility, Agility must be static holds 2” seconds. For every missing second a penalty of 0,3 is applied.<br/>The difficulty rating is determined in accordance with the International regulations.</p> <p><b>Important for this age group:</b><br/>There are 2 elements in boxes 033 to 036. They will be considered as one individual element. These elements must be performed in the sequence in which they are shown.<br/>The movements of the base included in the relevant table may be used to add additional difficulty, but they are not considered as an additional element (Paragraph 7). For a movement to be accepted as difficult, the top must be in a position of difficulty. The final position must be held for 3” seconds.<br/>Each table can only be used only once.</p> |