



## *The ACRO Newsletter*

*Nr 1 April 2009*

**By Acrobatic Technical Committee President Tonya Case and Secretary Karl Wharton.**

**FIG Office Lausanne (SUI), 01.04.2009**

**The 2009 – 2012 cycle has begun.** Many things have been accomplished in the last few months: the first FIG Acrobatic Gymnastics Academy, Acrobatics Gymnastics Brevet Judges courses in 12 countries and across 5 continents, preparations are underway for two World Cup competitions and the World Games in Chinese Taipei, and the first FIG TC Acro meeting has taken place with a second one to follow in early May.

### **Message from Tonya Case, new ACRO TC President:**

“ALL individuals who have passion for Acrobatics must realise that the next four years are a critical time for our sport. The future of Acrobatic Gymnastics is in the hands of ALL members of the Acrobatics family around the world. The work to be done in the new cycle is enormous. The new Acrobatics Technical Committee is dedicated, focused, and ready to face the challenges ahead. But the work that needs to be accomplished cannot be done by the seven members of the Technical Committee alone. We need your help. Excitement, energy and passion must be shared. Ideas must be expressed by all and new ways of working and thinking created.

The spirit of co-operation and collaboration that was created during the Intercontinental Course in Germany must continue throughout the cycle.

Two primary goals for the next cycle have been identified:

- 1) The establishment of a strong competition programme.
- 2) The development of the discipline across all continents.

We are confident the goals can be achieved. But only with the help of individuals and federations around the world. Working together we will accomplish great things!”

### **Message from Dr. Patricia Wade, TC ACRO President, 2000 – 2008**

I have welcomed the invitation to contribute a short statement to the first Newsletter of the Cycle 2009-2012. As you know, the TC Acro now has new membership, under the capable and dedicated leadership of the new President Tonya Case. It is correct that, at this time in my life journey, I should retire from office and hand over to this very talented group of persons who, without doubt, have the youth, energy, knowledge and skills that will take Acrobatic Gymnastics into a new and exciting future. I trust that you will feel that I served you and the sport to my best over many years through co-ordination of your work and enormous talents.

I take this opportunity to thank every one of you for your loyalty, support and co-operation over more than 30 years. I offer special thanks to Tonya, Irina Nikitina, Rosy Taeymans, Raul Fonseca Correia, Konrad Zielinski, and Li Yan Ling, without whom I could not have retained involvement in the final 2 years of my office. Their generosity was tremendous and allowed me to have the pleasure of officiating at the superb World Championships and World Age Group Competitions in Glasgow 2008. A truly memorable high point to finish as a TC President!



Over the past 35 years, I have made many friends for life and worked alongside the very best of practitioners. I go into retirement with firm resolve to continue offering what I can to the sport of Gymnastics and more particularly Acrobatic Gymnastics. My love of the sport of Gymnastics I know will never die, even if my health status may inhibit some activity. Most importantly, my memories of everyone, coaches, judges and athletes who I have met over the years will for my lifetime bring enormous pleasure.

Thank you and Good Luck for the future.

*Dr. Patricia Wade*



**The 2009 – 2012 Acrobatic Gymnastics Code of Points is dedicated, with great pride, to Dr. Patricia Wade.**

*In recognition of her many years of leadership in Acrobatic Gymnastics, her dedication to the sport she loves, her passion, her energy, and the countless hours of hard work, both in the past and for what she will give in the future. In addition, we all have enormous appreciation for her courage, which is an inspiration to us all.*

## Konrad Zielinski retires from the Acro TC

Retiring TC ACRO member, Konrad Zielinski was recognised by his colleagues for his many years of service, both as part of IFSA and the FIG.

Konrad was the creator of the Acrobatic Gymnastics learning plan that is widely used by countries new to Acrobatics.

He was also the main author of the Age Group program which is the foundation of the World Age Group competition.

Konrad was presented with a beautiful award symbolic of his efforts towards the development of Acrobatic Gymnastics around the world.



Konrad Zielinski receives an award from Tonya Case, (on behalf of the ACRO TC) for his outstanding contribution to the sport of acrobatics.

## Tables of Difficulty for the Olympic Cycle 2009 – 2012



The Tables of Difficulty for the Olympic Cycle 2009 – 2012 are dedicated to **Konrad Zielinski** and **Gizela Zielinska**, both who retired from the FIG Technical Committee for Acrobatic Gymnastics in December 2008.

Konrad and Gizela are two originators of the sport of Acrobatic Gymnastics and have been consistently devoted to its development for more than 50 years. They were actively involved as gymnasts, then as coaches, judges and sports authorities. Together they were instrumental in seeing this gymnastic discipline become an international sport within an IOC-recognised International Federation of Sports Acrobatics (IFSA).



## FIG Acrobatics Technical Committee Meeting, 20<sup>th</sup> – 25<sup>th</sup> January, Lisbon, Portugal

Many thanks go to the Portuguese Acrobatics, Trampolining and Tumbling Federation for hosting the first Technical Committee Meeting of the new cycle. New President of the committee, Tonya Case welcomed Wieslawa Milewska and Karl Wharton to the committee after their election back in October 2008.

The new committee took little time to establish a common understanding and to become a cohesive working unit.

It was agreed that the vision for the future must include a radical change in focus and the essential need to build a spirit of inclusion and cooperation with the Acrobatic Gymnastics Community on a world-wide basis.

The main focus of this cycle will be to increase the participation of new countries in acrobatic gymnastics, to assist in the development of the sport and to develop a strong competition programme.



Back Row – L to R

*Raul Correia (POR), Rosy Taeymans (BEL), Li Yan Ling (CHN), Karl Wharton (GBR)*

Front Row – L to R

## Intercontinental Judges Brevet Course, Ruit, Germany – November 2008



Forty seven judges from all over the world took part in the Intercontinental Judging course.

The Intercontinental Course took place in Ruit, Germany in mid November 2008. The representatives of German Acrobatics must be thanked for their organization of the event, and the support given both to the Technical Committee and the candidates for meetings, transportation, meals etc. Thank you also to the German Gymnastics Federation for their support of our discipline.





The candidates and the TC ACRO appreciated the presence of the President Prof. Bruno Grandi and General Secretary André Gueisbuhler. The words of the President regarding the future of Acrobatics and the important role to be played by the judges were taken to heart. The successes of the last year were reviewed by the General Secretary, and the work necessary for the future of Acrobatic Gymnastics was made clear. The transfer of powers took place during this visit with new members welcomed and the efforts of the out-going TC members recognised and applauded.



Acrobatic Gymnastics Technical Committee 2005-2008

L to R: Raul Correia (POR), Tonya Case (USA), President Bruno Grandi, Irina Nikitina (RUS) Konrad Zielinski (POL), General Secretary Andre Gueisbuhler, Rosy Taeymans (BEL), Li Yan Ling (CHN)

(Absent, TC Acro President, Dr. Patricia Wade, GBR)

## Top Stories and News Items

### First Acrobatics Academy

The FIG Academy Programme began 2009 with the first Level 1 Academy for acrobatic gymnastics from January 12<sup>th</sup> – 19<sup>th</sup>. This 56<sup>th</sup> FIG Academy took place in Lisbon (POR) and was hosted by the Portuguese Acrobatics, Tumbling and Trampoline Federation.

The course was attended by 18 coaches from 9 different countries: Austria, Spain, Estonia, Great Britain, Ireland, Portugal, Puerto Rico, South Africa and USA.

The participation of Ireland now brings to 93 the number of different federations having attended an FIG Academy.





The Acrobatic Academy was taught by the experts of the Academy working group for acrobatic gymnastics.

Debbie Brown, a guest lecturer fully funded by the Cirque du Soleil, presented a special and much appreciated session on creativity for acrobatic gymnastics.

During the academy, as many as 14 gymnasts were available for the technical sessions. Their constant effort and the flawless organisation made this a very successful academy.

What did some of the coaches' think .....?

*"I realised that all the basic skills, specific conditioning and preparation are so important right from the start with the young gymnasts. I intend to incorporate all of these principles into my training programmes immediately. There was a great atmosphere during the academy and I learnt so much."*



Debbie Brown presenting the creativity workshop

Ana Cardoso (POR)

*"The Academy was a great experience. The experts were incredible, and I learned something from every session. The organisation of the Portuguese Federation was up to their usual high standard! I am really looking forward to Academy 2."*

Marie Annonson USA

## One pair/group per country into a final!

Acting on the recommendations of all the countries present during the World Age Group Competition and World Championships in Glasgow, the ACRO TC submitted a proposal to the FIG Executive Committee requesting that only one pair/group per country be allowed into a final. The proposal is seen as critical for the development of the discipline. The FIG President, Prof. Bruno Grandi supported this proposal from the Acrobatics Community, and the FIG Executive Committee voted in favour of the change to the Technical Regulations. The first step in the process is accomplished!

However, before the change can take place, another step in the process is required. Changes to the Technical Regulations must have the approval of the FIG Council. A formal proposal has submitted for a vote of the FIG Council during the May meetings in Norway. Please make sure that council members from your Federations know the importance of supporting this proposal.

## Polish Acrobatic Federation honours members

Congratulations go to former TC member Konrad Zielinski for the recognition he was given for his many years of service for Acrobatics in Poland. He was recently awarded lifetime honorary President of the Polish Acrobatics Federation.

Acrobatics friend and colleague Urszula Wojtkowiak was recently elected President of the Polish Acrobatics Federation. Congratulations Urszula! Wishing you every success in your new position.



## Competition Calendar

One of the goals for Acrobatics Community for the next cycle must be the establishment of a secure competition calendar. This must include an annual World Cup Series with events on different continents as well as World Championships for 2010, 2012 and beyond. We need your help! Many countries currently host international events which are not part of the World Cup Series. Please consider hosting a World Cup Series B event along with your international event. And we are still looking for a host country for World Championships 2010 and 2012.

## World Cup Series 2009

The World Cup series will continue with two competitions this year. By now you should have received all information for the following two events:

World Cup, St. Paul, USA - July 10<sup>th</sup> – 12<sup>th</sup> 2009, (MN, USA)

World Cup, Novgorod, RUS – August 19<sup>th</sup> – 23<sup>rd</sup>, 2009 (Novgorod, RUS)

The countries who stepped forward to host these events need your support. See you there!

## World Cup Series 2010

2010 may seem far away, but if we want to have a successful World Cup Series in 2010, the time for planning is now. The deadline to submit applications for the 2010 Series is the **end of June, 2009**. Information to submit a bid for 2010 has been sent to all National Federations. If you have any further questions, please contact Alexandre Cola at the FIG Secretariat.

## World Championships 2010

To date, no bids have been received for the 2010 (or 2012) World Championships. The deadline for submission for 2010 has actually passed. However, the FIG Executive Committee has generously granted a small extension of time, until the next EC meeting in May. It goes without saying that World Championships are essential to the future of Acrobatics. Please give careful consideration to the possibility of hosting this very important event.

## For Information

- All Acro newsletters from previous cycles become obsolete at the start of a new quadrennial cycle. The Tables of Difficulty and Code of Points have been updated with all relevant clarifications from previous cycles as approved by the Acro TC. Only clarifications, information and answers to frequently asked questions given on newsletters from January 1<sup>st</sup> 2009 will be accepted between 2009 and 2012.
- As discussed at the round table in Glasgow (GBR) during the 2008 Acrobatic Gymnastics World Championships an ACRO symposium is planned to be held in Veliky Novgorod (RUS) on August 23, 2009. The symposium is dedicated to the development of the sport worldwide and to find opportunities to increase the number of countries participating at ACRO World Championships. Further information will be published in due time.



## Questions and Answers (Q&A)

The Acrobatic Gymnastic Specific section of the FIG website will include a new feature. Using a concept borrowed from trampoline, the ACRO page will now include a section titled Questions and Answers “Q&A”. This new feature will be under the heading “About Acrobatics” on the Acrobatics toolbar.

The purpose of Questions and Answers is to provide clarifications, applications and interpretations to ensure a common, unified understanding of the FIG Acrobatic Gymnastics Code of Points, Tables of Difficulty, FIG Technical Regulations etc. The new feature will be available shortly.

A few examples of what you will find on “Q&A” pages and the first clarifications are as follows:

### Tables of Difficulty and Code of Points - Q&A

#### Question: *How do you calculate the value of mounts in groups?*

WG / MG – Any mount from the floor or a position of no value receives the same value as that given to the same mount in the pair tables on pages 25 – 41 in the Tables of Difficulty (version December 2008).

WG / MG – Any mount in MG / WG needs only to be held for 1 second to claim the value of the mount.

#### Question: *Can either the top or base catch with arms around the body in dynamic skills?*

Pair / Group Dynamic Elements – Additional support around the body by the top performer and / or a base on a dismount or catch is not allowed if it is not characteristic of the element.

#### Question: *Can a pair or group perform an element to feet and to splits in the same exercise, even if the identification code is in the same box?*

Pair / Group Balance or Dynamic elements – an element that lands in splits is categorised as being a different element even if it has the same identification code as another element.

Example: Page 139 2 – R5 8/4 (to feet) = 14v

Page 139 2 – R5 8/4 (to splits) = 16v



≠







**Question:** *What happens if I claim a handstand with legs together on the tariff sheet but my gymnast performs a handstand with legs in straddle position?*



**Pair / Group Balance** – Where a coach claims a handstand with legs together (+1) on the tariff sheet but the gymnast performs a handstand with legs in straddle then the gymnast has not performed the declared element. Therefore, no value will be allocated to the element but it will fulfil special requirements. This principle applies to both 1 arm and 2 arm work.

**Question:** *Is there an error in the WG values of table P on page 100?*

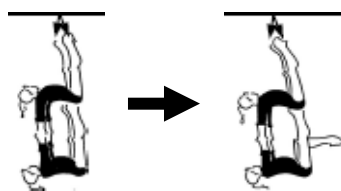
**WG Balance** – Yes - there is an error in the Tables of Difficulty. Please use the following values for the evaluation of these balances. This table will be corrected in the T of D.

	1	2	3	4	5	6	7	8
P								
V	6	10	14	16	11	13	3	5

**Question:** *Now that a WG can perform a pyramid with two base positions is it as simple as taking one arm or one foot from the point of support?*

**WG Balance** – A release of just hands, feet, one hand or one foot is allowed and difficulty credit will be given to the second base position. However, an artistic deduction will be taken for such a simple change in position. (N.B. article 20.8 still applies).

Example:



**Question:** *What happens if a gymnast runs out of the floor boundary with one foot then the other?*

**Line Fault deduction** – If a gymnast steps over the floor boundary line with one foot and then steps out with the other foot a CJP deduction of 0.1 + 0.1 will result.

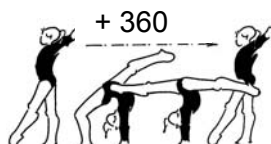




**Question:** *What happens to the difficulty of individual elements when one of the gymnasts does not perform the element declared?*

Individual Elements - When one member of a pair or group do not perform a declared element (but still perform a recognised element) the principle outlined below will be used to determine the difficulty:

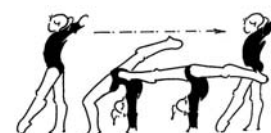
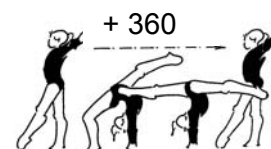
WG Example: Declared element - Backward Walkover + 360' = 3v (Skill no. 070 + 360') x 3



Performed element:

Backward Walkover + 360' = 3v (Skill no. 070 + 360') x 2 = Difficulty + SR

Backward Walkover = 1v (Skill no. 070) x 1 = **NO** Difficulty + SR



**Question:** *In the 11 – 16 Age Group Programme, can mounts, motions, catches and dismounts be performed from the 11 – 16 compulsory tables?*

11 – 16 Age Group Rules

Yes - just to clarify points 5.7, 6.7, 6.8, 6.12, 7.9 and 8.12 in the FIG Age Group rules:

Entries, motions, catches and dismounts **may be used from the 11 – 16 age group compulsory tables** without penalty but they must be included on the tariff sheet and identified as NV (0) value. (Restrictions in the articles apply with regard to difficulty).

**Question:** *Does a gymnast have to hold a 1 second static hold before a motion?*

There is no longer a requirement for gymnasts to perform a 1 second static hold before a motion. The gymnast only needs to show the start position clearly and then perform the motion. The time faults for the 1 second static holds before a motion **DO NOT EXIST** any more.

**Question:** *In the general rules on page 166 it says “for each 180° turn the gymnast receives a value of +1 up to a maximum of 720°.” Does this rule apply only to category 1 elements? (A question was asked about adding a half turn in a hand spring from category 2).*

Yes – this rule **only applies to Category 1 elements**. Multiple twists are already included as part of the Category 2 tables.







**Question:** Please clarify the following catches: must a catch to handstand be hand to hand, or is catch on wrist or lower/higher arm permitted? Does this also apply to swings e.g. cannon ball?

The catch must be characteristic of the element. So catches shown to handstand **MUST** be caught hand to hand.

However, swings and cannon ball type skills, by their very nature can be caught on the wrist or arm without deduction.

**Question:** Why has the difficulty values for MG, page 130, A1/A2 – 29 and A1/A2 – 30 been deleted?

This is an error. The Acro TC would like to confirm that the following values should be given to these skills.

Page 130 – Men's Group Static Elements: Table 3				
			29	30
A	1		8	10
	2		9	11

If you have news items that should be considered for the newsletter, please send them to Karl: - [KWacro@aol.com](mailto:KWacro@aol.com)



**Tonya CASE**  
ACRO-TC President



**Karl WHARTON**  
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