

# SECOND INTERNATIONAL ACROBATIC GYMNASTICS CHAMPIONSHIP «CUP OF BURGAS»

29.04 – 03.05.2020  
CITY OF BURGAS, BULGARIA

2020

## OFFICIAL INVITATION

CSA «Chernomoretz» together with Municipality of Burgas and Bulgarian Federation of sport acrobatics we have the pleasure to invite you to an international acrobatic gymnastics championship «Cup of BURGAS 2020».

We are welcome You in our beautiful sea city Burgas.

## ORGANIZING COMMITTEE

CSA «Chernomoretz» Burgas  
Bulagaria, Burgas, zhk. Izgrev 139  
Phone number: +359 / 888 33 7777  
Email: chernomoretz\_gym@abv.bg

## PRELIMINARY PROGRAM

### Wednesday: 29.04.2020

- Arrive and accommodation for the delegations.

### Thursday: 30.04.2020

- Accreditation of the participations;
- Training for the teams on a preliminary schedule.

### Friday: 01.05.2020 Competition day

- Age group 6-12 - finals;
- Age group 8-14 - finals;
- Training 7-16, 9-16, 10-18, 11-19, Seniors.

### Saturday: 02.05.2020 Competition day

- Age group 7-16, 9-16, 10-18, 11-19, Seniors qualifications.

### Sunday: 03.05.2020 Competition day

- Age group 7-16, 9-16, 10-18, 11-19, Seniors. - Finals.

**Closing the tournament.**

## DISCIPLINES

- Women's pairs
- Men's pairs
- Mixed pairs
- Women's groups
- Men's groups

## COMPETITION FORMAT

**6-12** - combined exercise -  
According Appendix 1;

**8-14** - combined exercise - According Appendix 1;

**7-16** - Balance and Dynamic exercises - According Appendix 2 - **Final** - According to FIG Rules for age group 11-16;

**9-16** - Balance exercise, Dynamic exercise, Final -  
According to FIG Rules for age group 11-16;

**10-18** - Balance, Dynamic and Combined exercises -  
According to FIG Rules for age group 12-18;

**11-19** - Balance, Dynamic and Combined exercises - Final  
According to FIG Rules for age group 13-19;

**13+ ( Seniors )** - Balance, Dynamic and Combined exercises -  
**Final** - According to FIG Rules for Seniors;

The order of pairs/groups for the finals is determined by the sum of the balance and dynamic exercises. The first eight pairs/groups will proceed to the Final, with no more than two pairs / groups from one club in each category.

Pairs/groups can not participate in the final unless they have not participated in the balance and dynamic qualifiers.

## INSURANCE

The organizer is not responsible in case of accident, illness and others. It is therefore recommended that all participants take care of the necessary insurance.

## AWARDS

Ranked on first, second and third place will be rewarded with medals for each exercise – balance, dynamic and combined.

Each participant receives a diploma.  
Cup, for each team.

## REGISTRATION FOR PARTICIPATION

Preliminary named (final) registration need to be send on the email of the club:

[chernomoretz\\_gym@abv.bg](mailto:chernomoretz_gym@abv.bg)

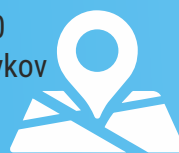
**Provisional registration – 01.02.2020**

(request for interest).

**Nominative registration – 20.02.2020**

## LOCATION

Burgas 8000  
zh. k. Slaveykov  
Sports hall  
«Mladost»



AcroCup  
Burgas



# 2020

**AcroCup  
Burgas**

## TARIFF SHEETS

Tariff Sheets must be send to email [tariffe\\_sheets\\_acrocupburgas@abv.bg](mailto:tariffe_sheets_acrocupburgas@abv.bg) before **15.04.2020**. For non - observance of the time limits a fine of 10 euro is imposed.

**The file name should be labeled as follows:**

- The number according to the start list;
- Type of exercise (BAL - balance, DYN - dynamic, COM - combined);
- Age category – 6-12, 8-14, 7-16, 9-16, 10-18, 11-19, Seniors;
- Discipline (W2, M2, MP, WG, MG);
- Club name in short form – 4 letters;
- For example = Chtz – Chernomoretz;

**Example: bal\_6-14\_mxp\_chtz\_Dimitrova\_Ivanova**

## MUSIC

The music must be send in MP3 form, to email [music\\_acrocupburgas@abv.bg](mailto:music_acrocupburgas@abv.bg) or before 15.04.2020. For non – observance of the time limits, a fine of 10 euro is imposed for each file.

**The file name should be labeled as follows:**

- The number according to the start list;
- Type of exercise (BAL - Balance, DYN - Dynamic, COM - Combined).
- Age category - 6-12, 8-14, 7-16, 9-16, 10-18, 11-19, Seniors Discipline (W2, M2, MxP, WG, MG)
- Club name in short form - 4 letters

**Example = Chtz – Chernomoretz**

- The names of the participants

**Example: 029\_bal\_6-14\_mx\_chtz\_Dimitrova\_Ivanova**

## JUDGES

Each sports club must provide minimum one maximum two qualified judges.

If the club participant can not provide the judge, CSA "Chernomoretz", as the organizer will try to provide for a fine of 50 euro a day.

Judges must be available throughout the competition.

## SPECTATORS

Entrance free.

## ACCOMMODATION AND MEALS

### Hotel Miraj 4\*

Single room - 49 euro Per person /per night  
Double room - 42 euro Per person/per night  
Triple room - 39 euro Per person/per night  
Breakfast, lunch and dinner are included in the price.  
Transfer from the airport Burgas is included in the price.  
Requesting accommodation to 10.02.2020.

### Hotel Akva 3\*

Single room - 46 euro Per person/per night  
Double room - 40 euro Per person/per night  
Triple room - 38 euro Per person/per night  
Breakfast and dinner are included in the price.  
Transfer from the airport Burgas is included in the price.  
Requesting accommodation to 10.02.2020.

## PARTICIPATION FEE

Participants will be charged a participation fee of - **25 per gymnast**. The fee has to be send **by bank account** of the OC.

**Limit of payment: 01.04.2020.**

The team with 20 and more then 20 participants will be charge - **20 euro per gymnast**.

**The fee in non-reimbursable!**

## FINAL PARTY

Saturday 02.05.2020 - 10 euro per person

Payment period 01.04.2020.

## BANK INFORMATION

Each participating member Federation/Clubs is kindly requested to integrate the payment s purpose as follows:

Beneficiary name: CSA «Chernomoretz»

Bank name: Unicredit Bulbank

BIC: UNCRBGSF

IBAN: BG42UNCR70001523170720

*The participating federation/club is responsible for covering all bank fees in connection with the bank transfers.*

**We wish you a pleasant trip  
to the beautiful city of Burgas!  
We are waiting for you!**





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AcroCup  
Burgas

## APPENDIX 1

### TEHNICAL REQUIREMENTS

#### AGE GROUPS 6-12, 8-14

##### I. SPECIAL REQUIRMENTS FOR Age Group 6-12

###### COMPOSITION OF EXERCISES

1. Each pair and group must perform one combined exercise.
2. The exercise must be perform under a musical accompaniment with a duration of 2 min.
3. The elements cannot be taken from the Tables of Difficulty, only from the Age Tables
4. The exercise must contain 4 pair/group elements. For each missing elements, a special requirement penalty of 1.0 is applied.
5. The exercise must include 2 balance pair/group elements and 2 dynamic pair/group elements.
6. Each balance elements must be static holds of 3' seconds.
7. Each additional pair/group elements over the selected 4, a penalty of 1.0 is applied.
8. Each partner must perform 2 individual elements dynamic and 2 individual elements from balance, flexibility, and agility. Salto is not required. To calculate the difficulty of individual exercises, the value of the elements is collected and divided by the number of partners in pair/group.
9. Balance elements must be statics holds of 2 seconds. For every missing seconds penalty of 0.3 is applied.
10. Extra individual elements are forbidden. For each extra elements penalty of 1.0 is applied.
11. The difficulty score is defined by International rules.
12. The elements in exercise (pair/group and individuals) must be drawn on tariff sheet in the order of performance, otherwise penalty of 0,3 is applied.

##### II. SPECIAL REQUIRMENTS FOR Age Group 8-14

###### COMPOSITION OF EXERCISES

1. Each pair and group must perform one combined exercise.
2. The exercise must be perform under a musical accompaniment with a duration of 2 min.
3. The elements cannot be taken from the Tables of Difficulty, only from the age tables.
4. The exercise must contain 6 pair/group elements. For each missing elements, a special requirement penalty of 1.0 is applied.

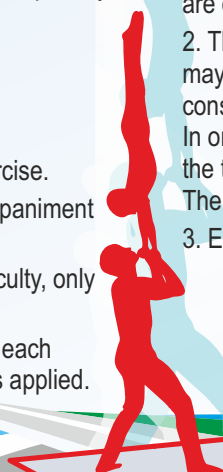
5. The exercise must contain 2 balance pair/group elements and 2 dynamic pair/group elements. The rest up to 6 elements, can be:
  - 2 balance pair/group elements;
  - 2 dynamic pair/group elements;
  - 1 balance and 1 dynamic element;
6. Each balance pair/group elements must be statics holds of 3' seconds.
7. Each additional pair/group elements over the selected 6, a penalty of 1.0 is applied.
8. Each partner must perform 2 individual elements dynamic and 2 individual elements chosen from balance, flexibility and agility. Salto is not required. To calculate the difficulty of individual exercises, the value of the elements is collected and divided by the number of partners in pair/group.
9. Individual balance elements must be statics holds of 2' seconds. For every missing second, penalty of 0,3 is applied.
10. Additional individual elements are forbidden. For each additional element, penalty of 1,0 is applied.
11. The calculation ratio of difficulty between balance and dynamic elements is not necessary.
12. The difficulty score is defined by International rules.
13. The elements in exercise (pair/group and individuals) must be drawn on tariff sheet in the order of performance otherwise penalty of 0,3 is applied.

### ADDITIONAL REQUIREMENTS FOR GROUPS

13. The exercises must contain 2 pyramids and 2 dynamic group elements. The rest up to 6, can be:
- 2 pyramids;
  - 2 dynamic group elements;
  - 1 pyramid and 1 dynamic group element;

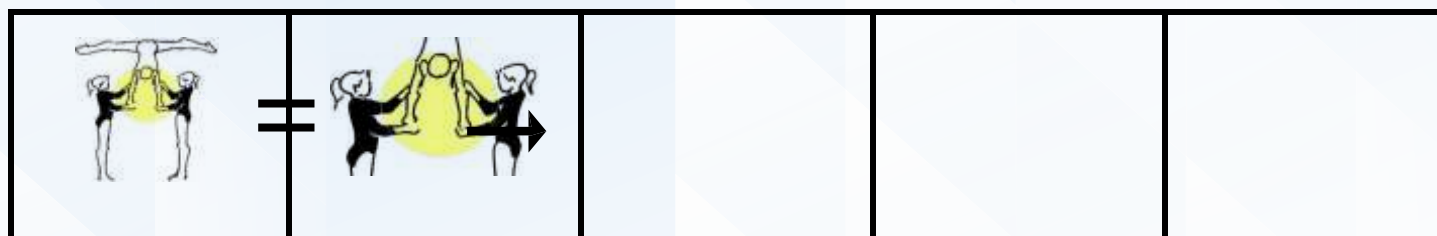
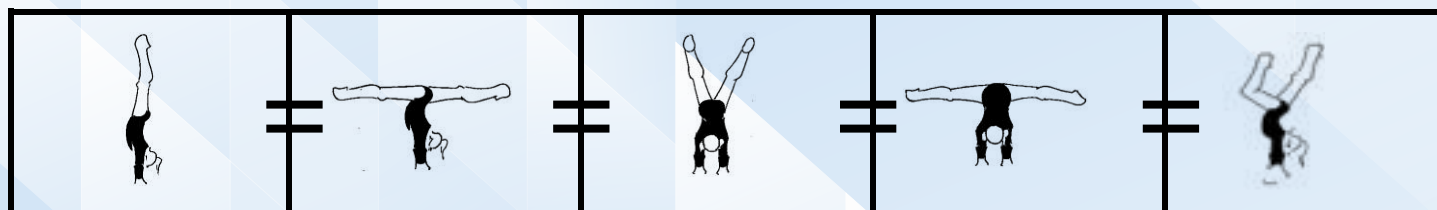
### INSTRUCTION FOR THE USE OF THE TABLES

1. In boxes 033 to 036 you will see two elements. They will only count for one individual element.  
These elements must be executed in the sequence in which they are drawn.
2. The movements of the base included in the corresponding table may be used to create additional difficulty, but they are not considered as an additional element (paragraph 7).  
In order for the difficulty movement to be recognized, the top must be in a position of difficulty.  
The final position must be held for 3 seconds.
3. Each table can only be used once.



## 6-12, 8-14 age groups




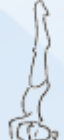


















### *ELEMENTS OF EQUAL VALUE*












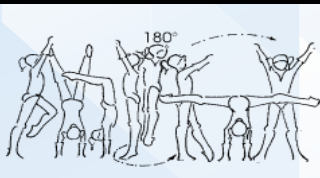







## 6-12, 8-14 age groups

### INDIVIDUAL ELEMENTS OF FLEXIBILITY, AGILITY AND BALANCE

№ 001	1V	№ 002	2V	№ 003	2V	№ 004	2V
	2"		2"		2"		2"
№ 005	3V	№ 006	4V	№ 007	3V	№ 008	3V
	1 sek		2"		2"		2"
№ 009	2V	№ 010	3V	№ 011	4V	№ 012	3V
	2"		2"				
№ 013	4V	№ 014	3V	№ 015	2V	№ 016	2V
	2"		2"		2"		2"
№ 017	3V	№ 018	3V	№ 019	1V	№ 020	3V
	2"						
№ 021	4V	№ 022	6V	№ 023	V	№ 024	V
							

# INDIVIDUAL ELEMENTS OF DYNAMIC

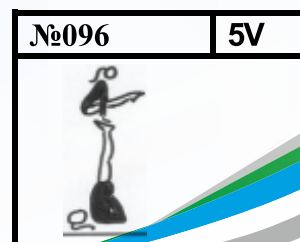
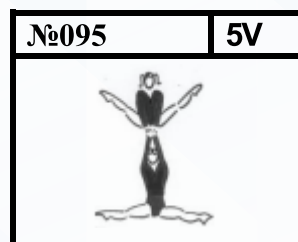
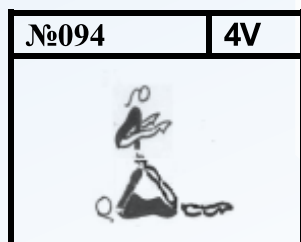
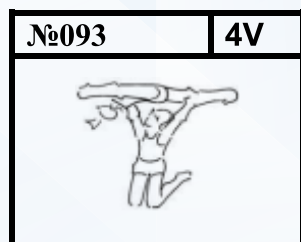
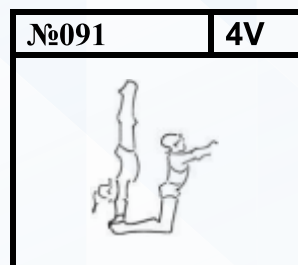
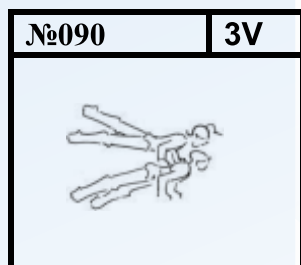
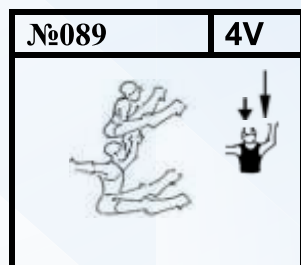
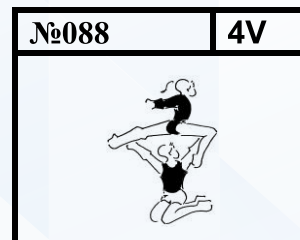
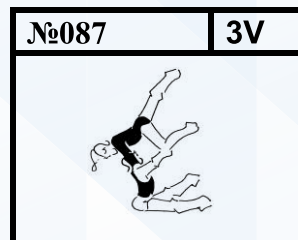
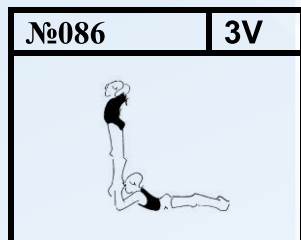
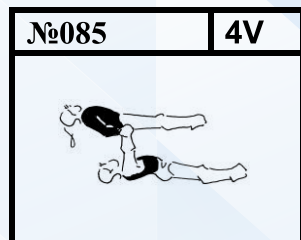
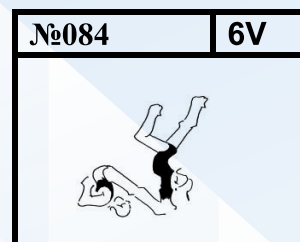
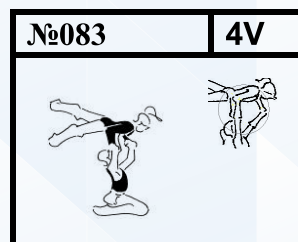
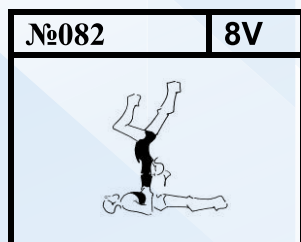
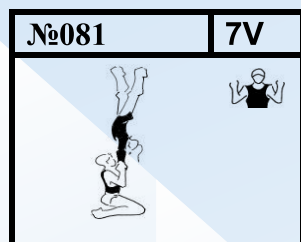
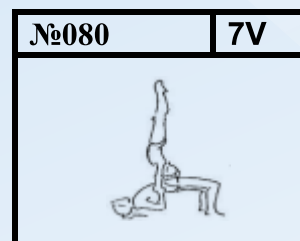
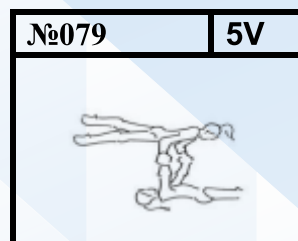
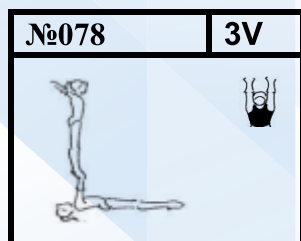
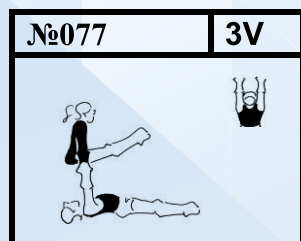
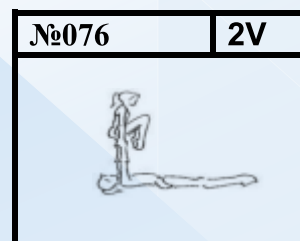
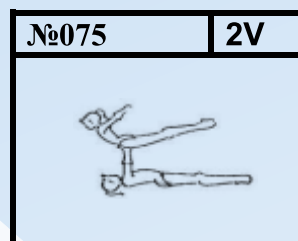
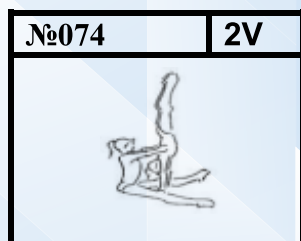
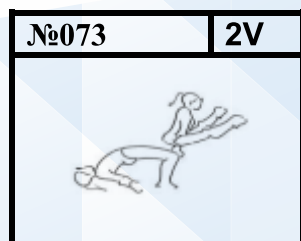
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Nº 029	4V	Nº 030	1V	Nº 031	2V	Nº 032	3V			
										
Nº 033	3V	Nº 034	4V	Nº 035	4V	Nº 036	8V			
										
Nº 037	4/4	9V	Nº 038	B 4/4	7V	Nº 039	F 4/4	7V	Nº 040	V
										
Nº 041	V	Nº 042	3V	Nº 043	4V	Nº 044	V			
Nº 045	V	Nº 046	V	Nº 047	V	Nº 048	V			

# BASE POSITIONS




























<b>№049</b> 	<b>1V</b>	<b>№050</b> 	<b>2V</b>	<b>№051</b> 	<b>3V</b>	<b>№052</b> 	<b>4V</b>
<b>№053</b>	<b>V</b>	<b>№054</b>	<b>V</b>	<b>№055</b>	<b>V</b>	<b>№056</b>	<b>V</b>
<b>№057</b>	<b>V</b>	<b>№058</b>	<b>V</b>	<b>№059</b>	<b>V</b>	<b>№060</b>	<b>V</b>
<b>№061</b>	<b>V</b>	<b>№062</b>	<b>V</b>	<b>№063</b>	<b>V</b>	<b>№064</b>	<b>V</b>
<b>№065</b>	<b>V</b>	<b>№066</b>	<b>V</b>	<b>№067</b>	<b>V</b>	<b>№068</b>	<b>V</b>
<b>№069</b>	<b>V</b>	<b>№070</b>	<b>V</b>	<b>№071</b>	<b>V</b>	<b>№072</b>	<b>V</b>



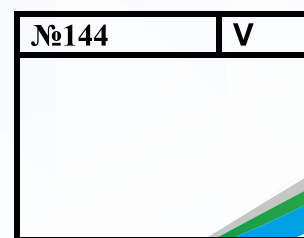
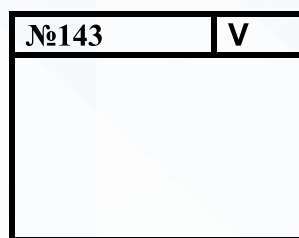
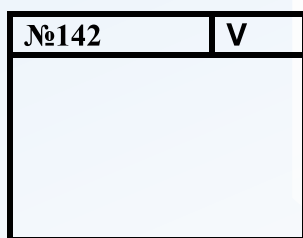
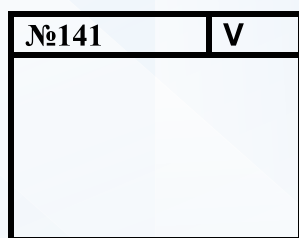
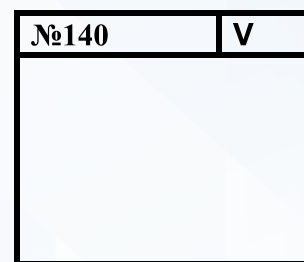
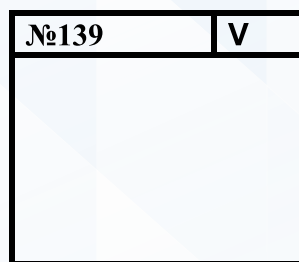
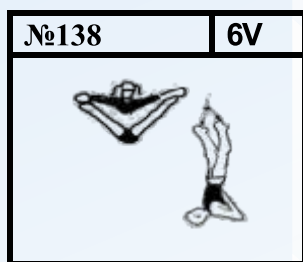
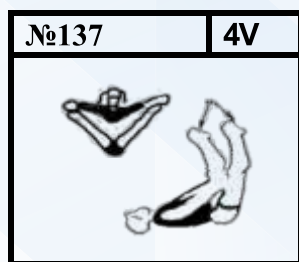
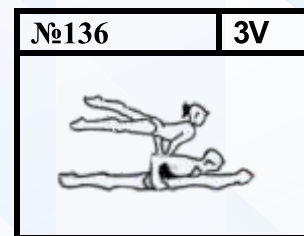
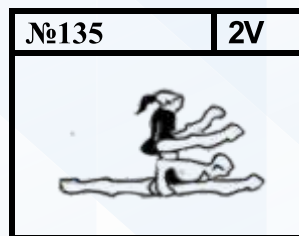
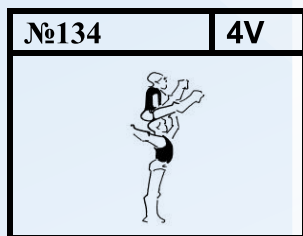
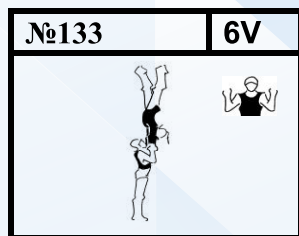
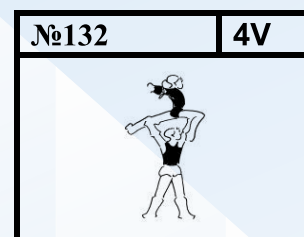
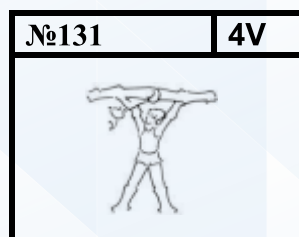
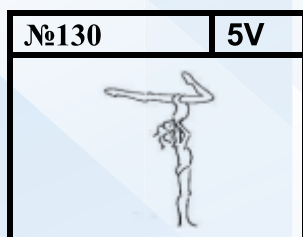
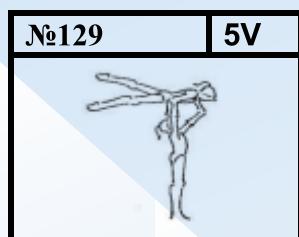
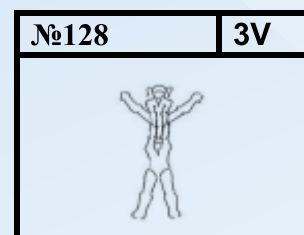
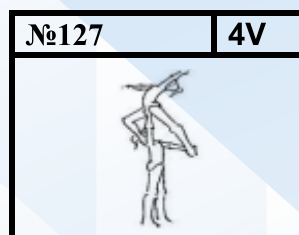
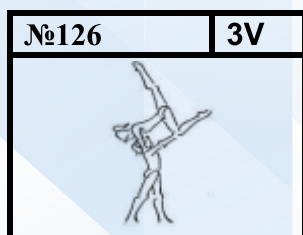
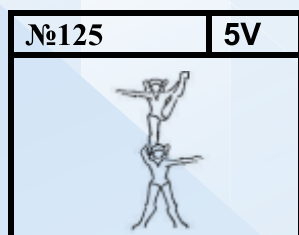
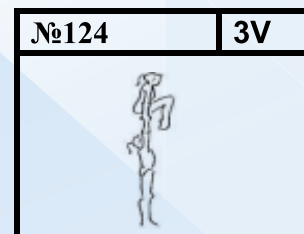
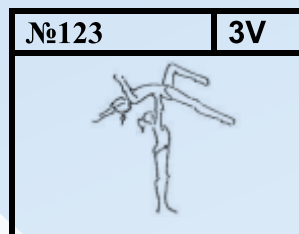
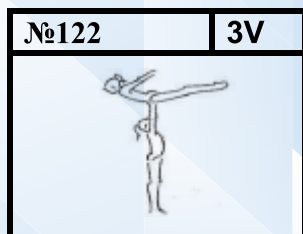
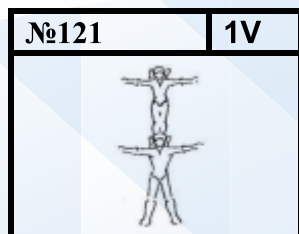
# PAIRS - BALANCE ELEMENTS



# PAIRS - BALANCE ELEMENTS

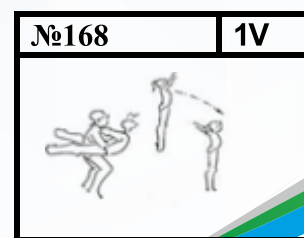
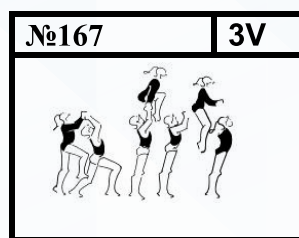
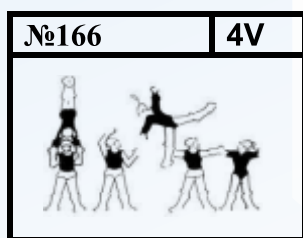
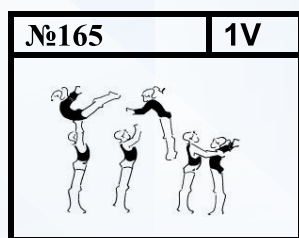
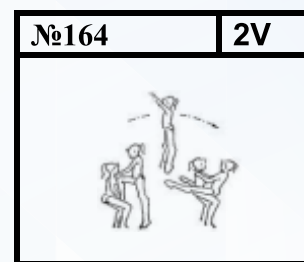
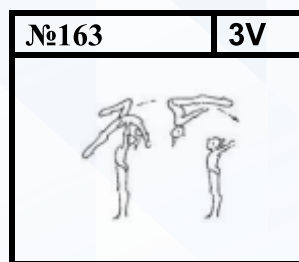
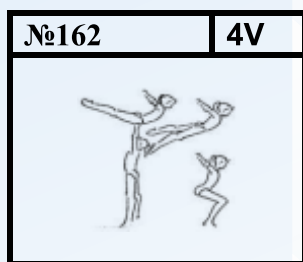
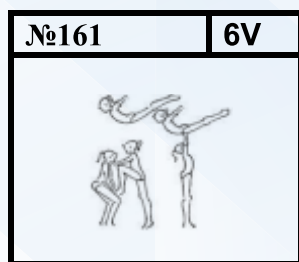
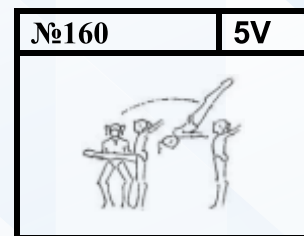
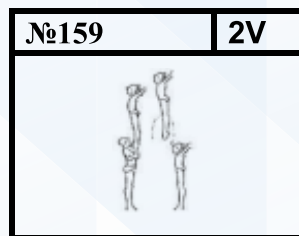
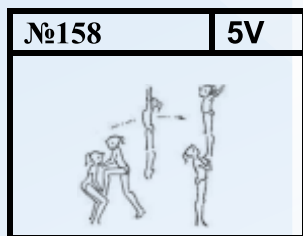
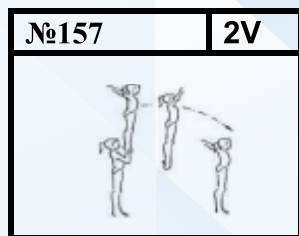
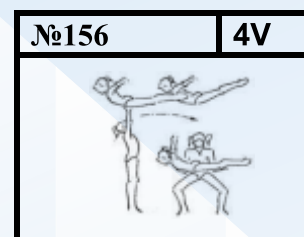
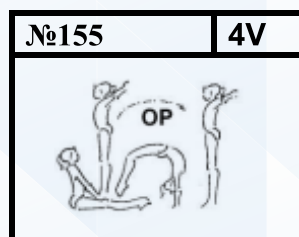
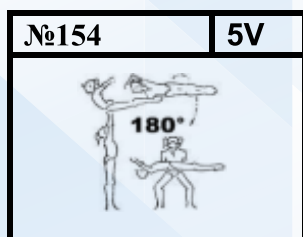
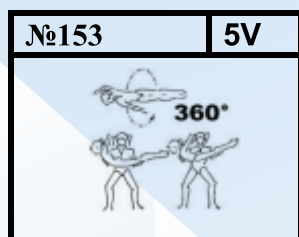
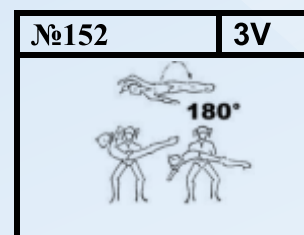
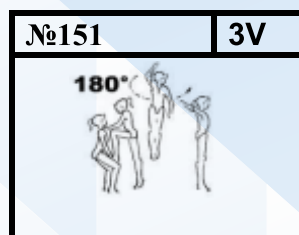
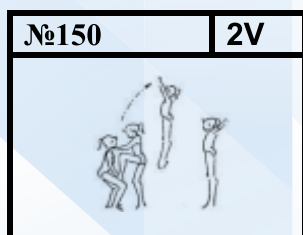
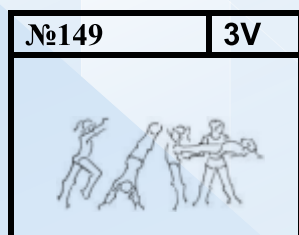
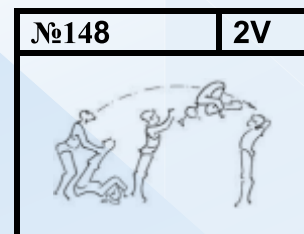
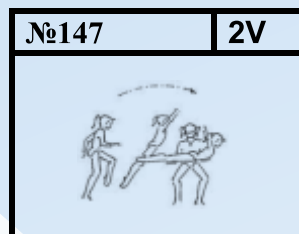
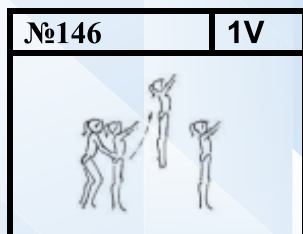
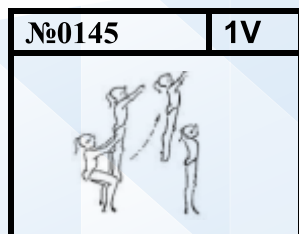
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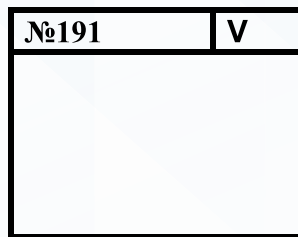
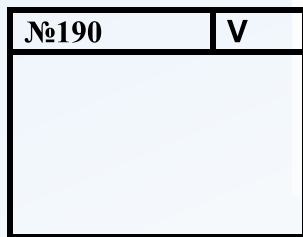
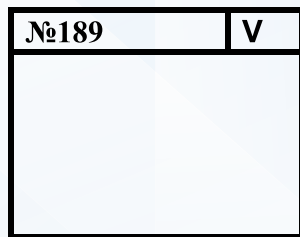
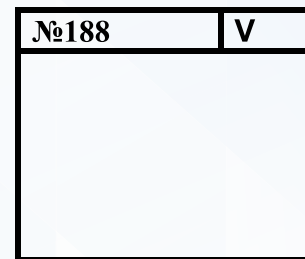
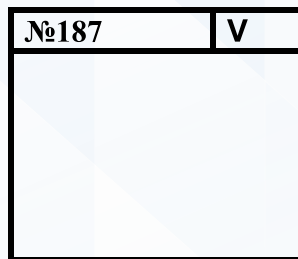
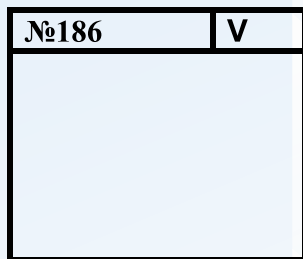
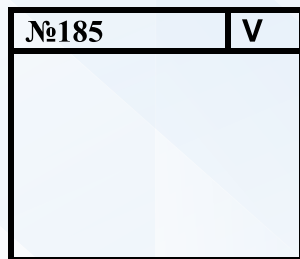
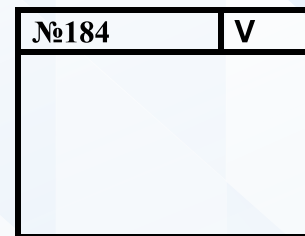
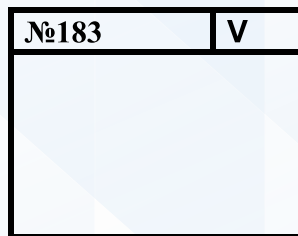
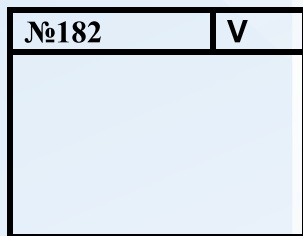
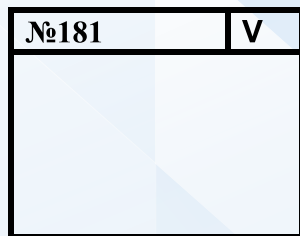
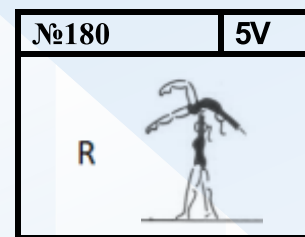
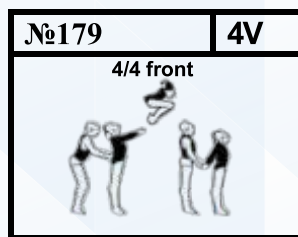
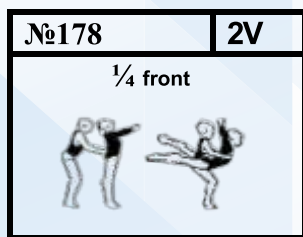
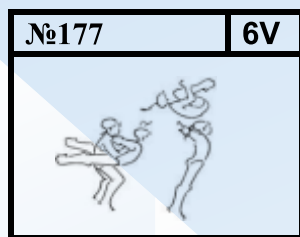
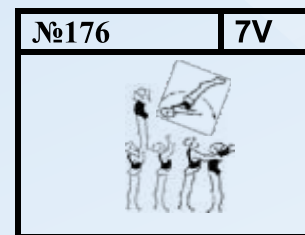
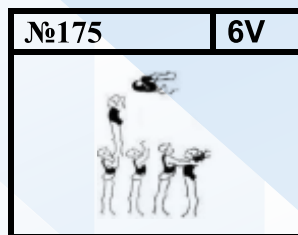
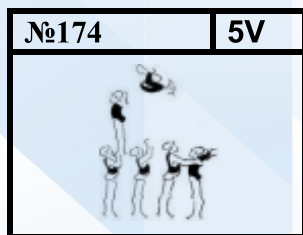
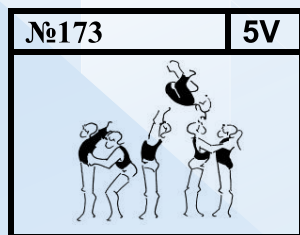
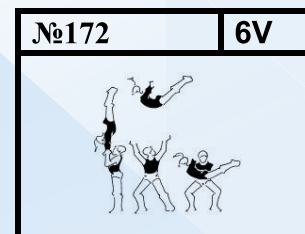
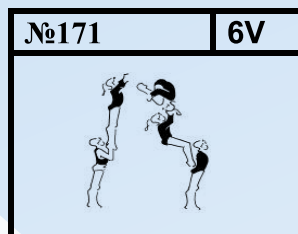
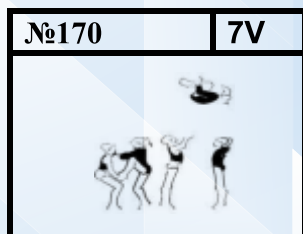
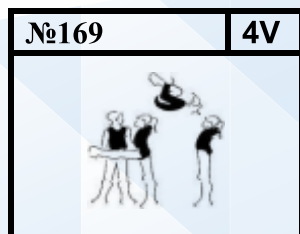
# PAIRS - BALANCE ELEMENTS

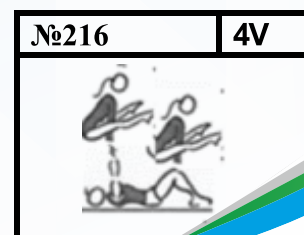
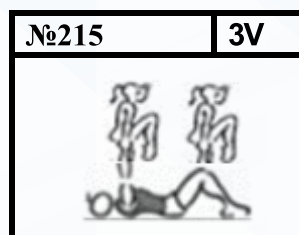
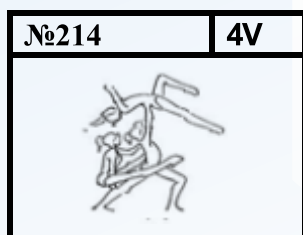
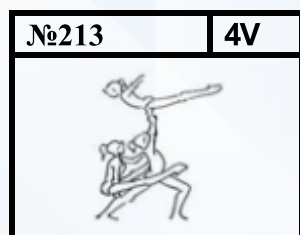
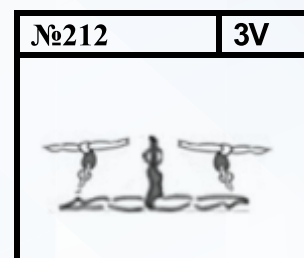
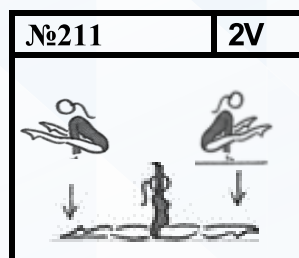
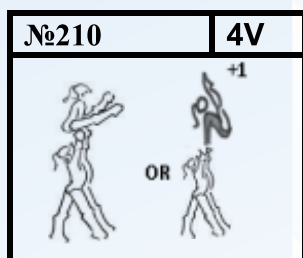
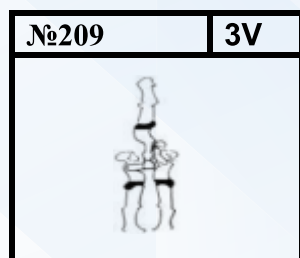
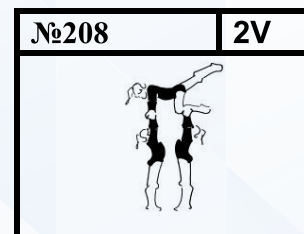
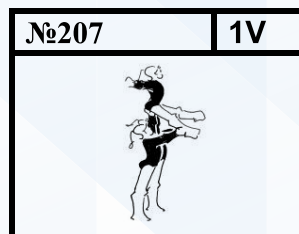
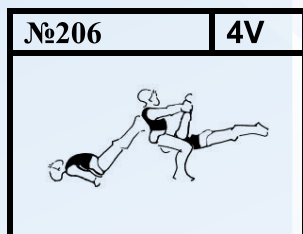
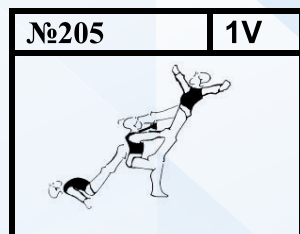
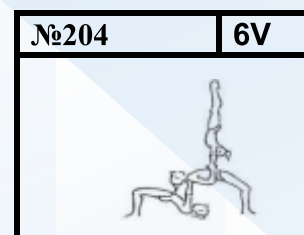
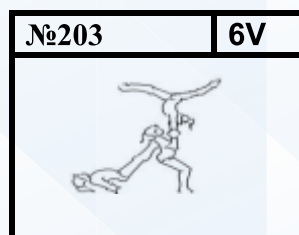
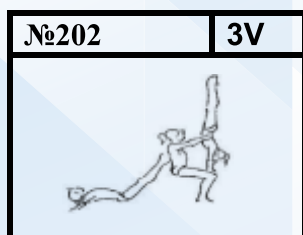
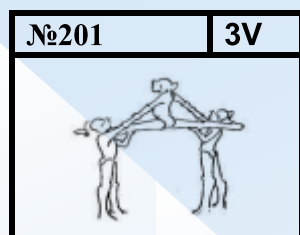
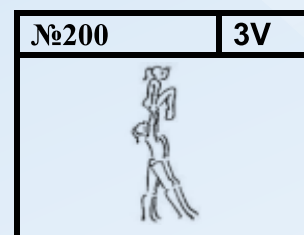
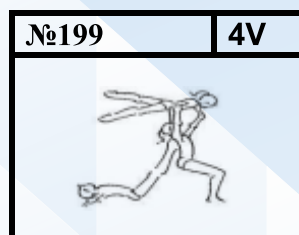
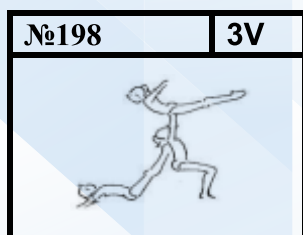
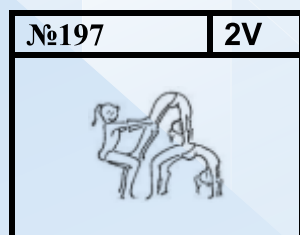
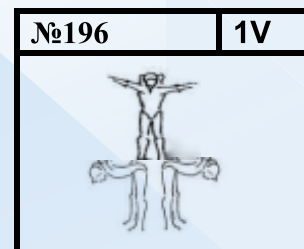
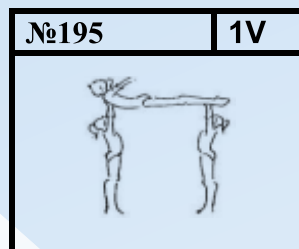
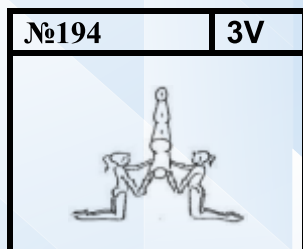
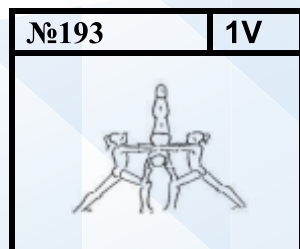




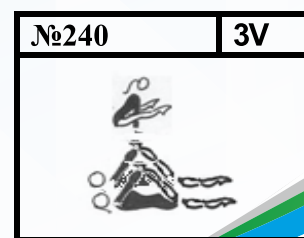
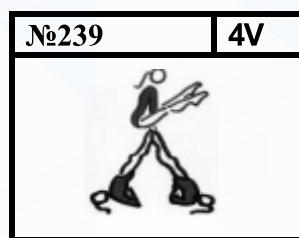
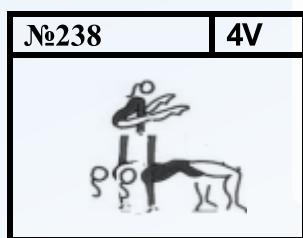
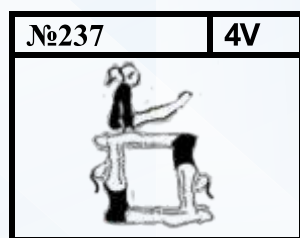
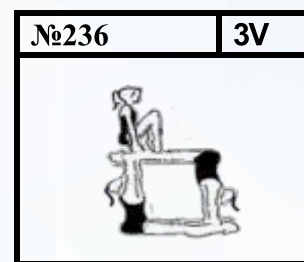
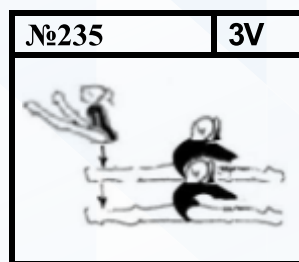
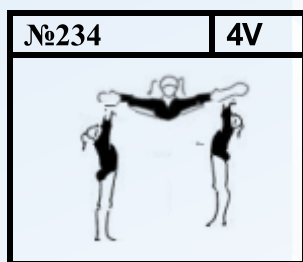
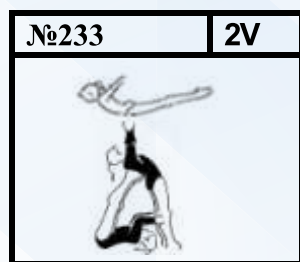
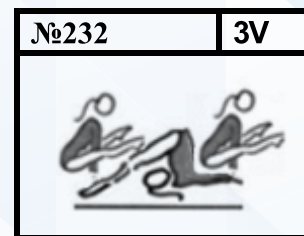
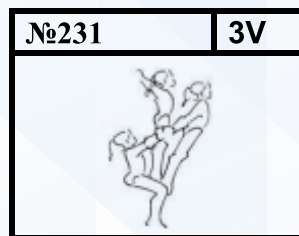
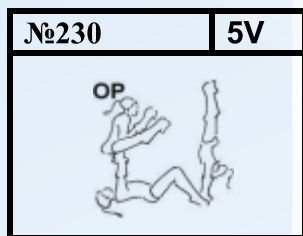
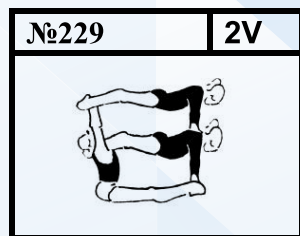
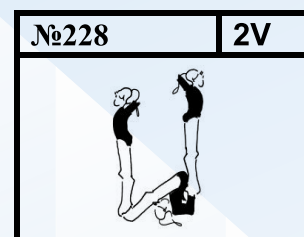
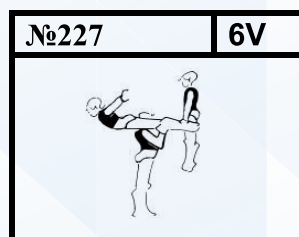
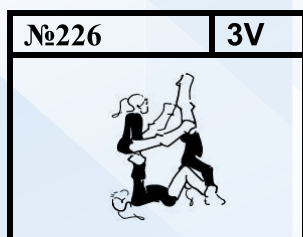
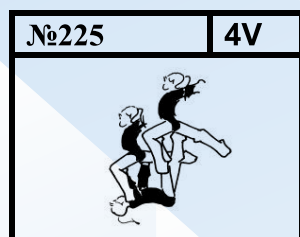
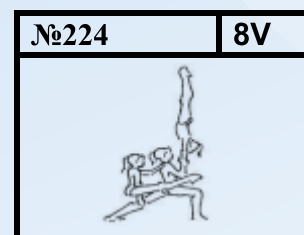
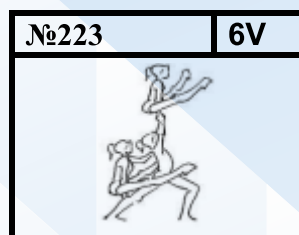
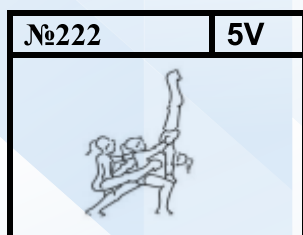
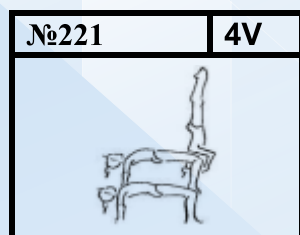
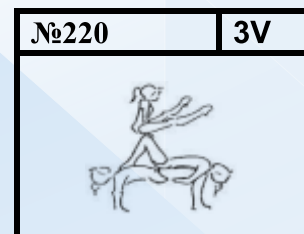
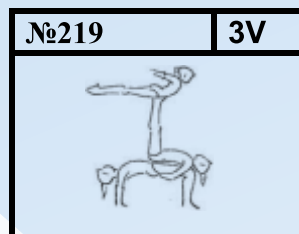
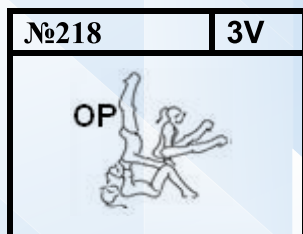
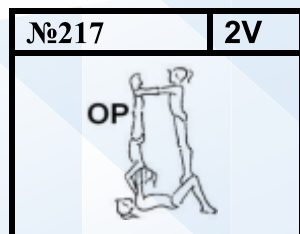
# PAIRS - DYNAMIC ELEMENTS

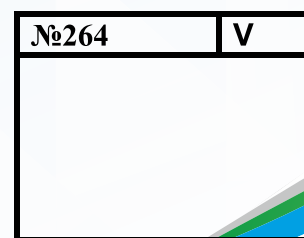
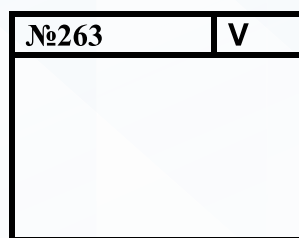
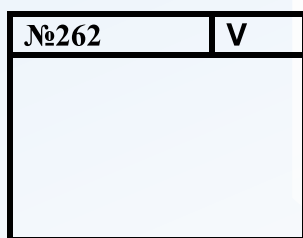
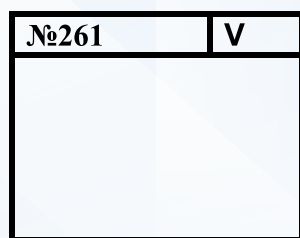
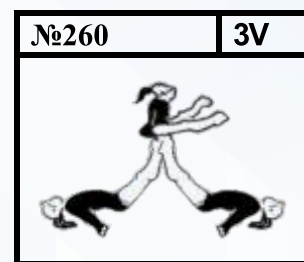
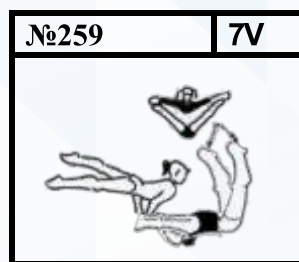
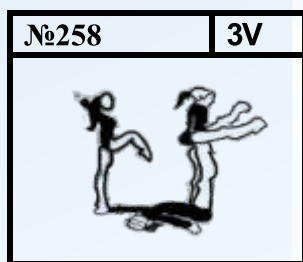
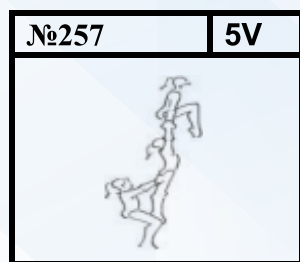
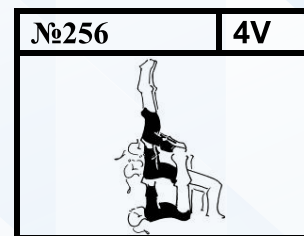
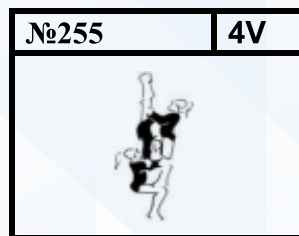
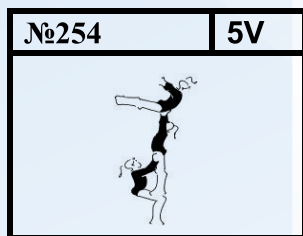
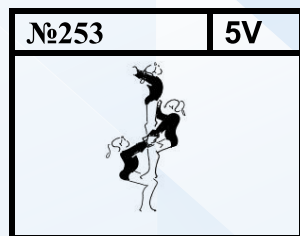
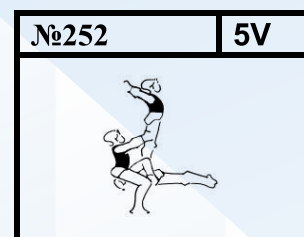
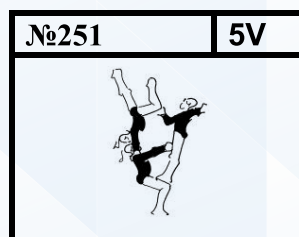
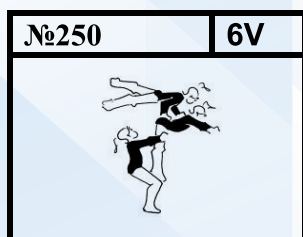
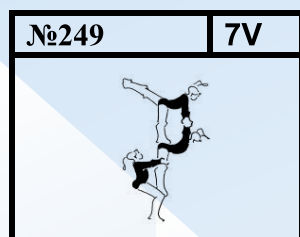
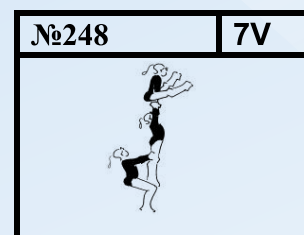
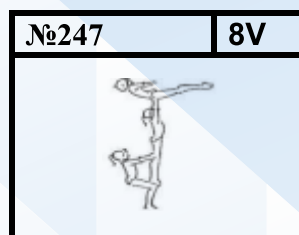
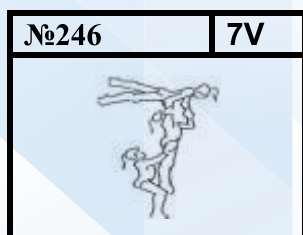
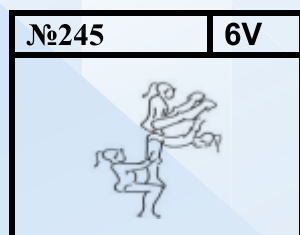
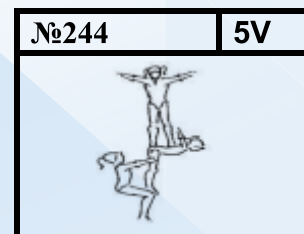
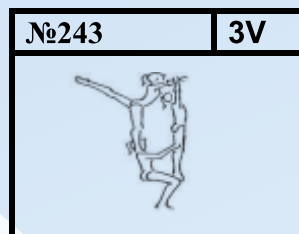
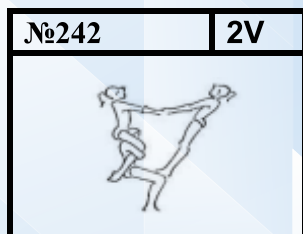
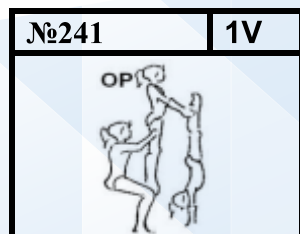


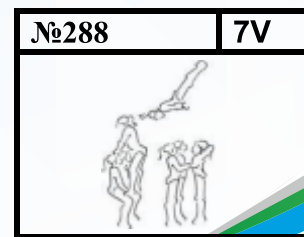
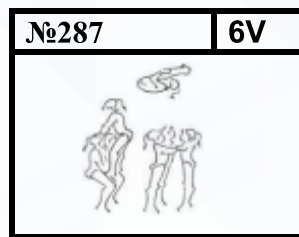
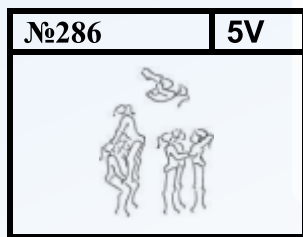
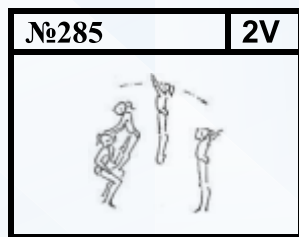
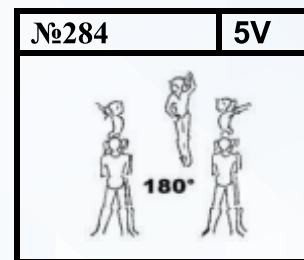
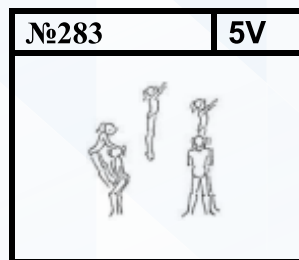
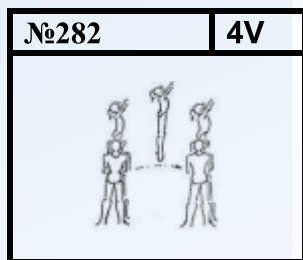
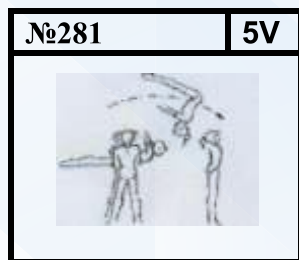
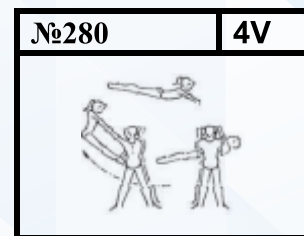
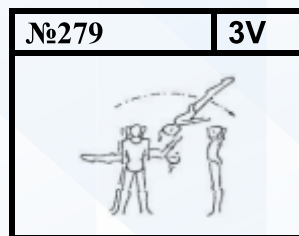
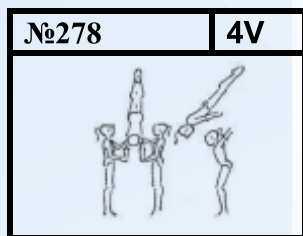
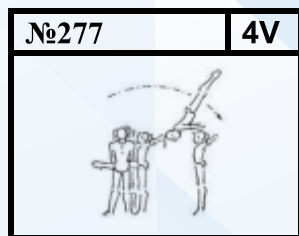
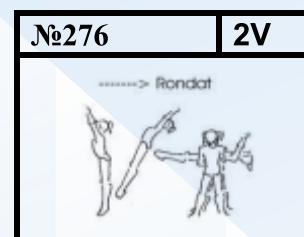
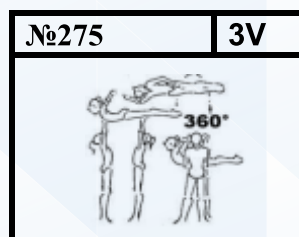
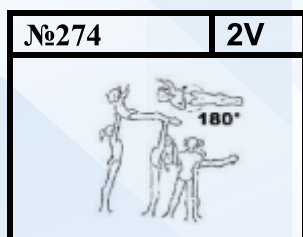
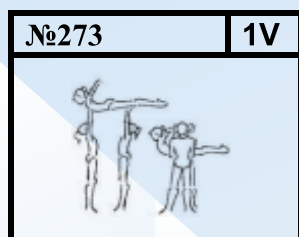
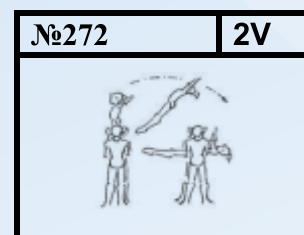
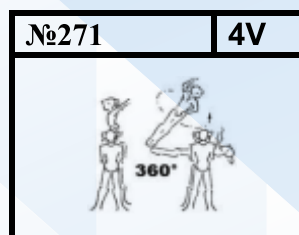
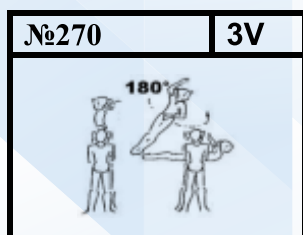
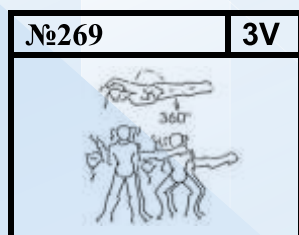
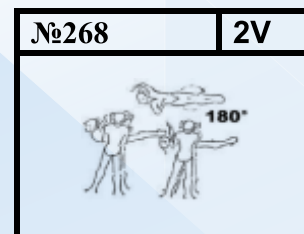
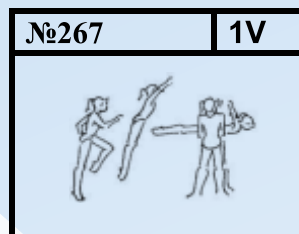
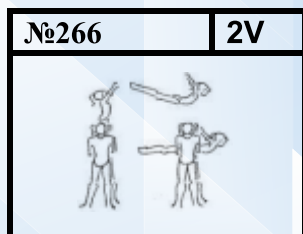
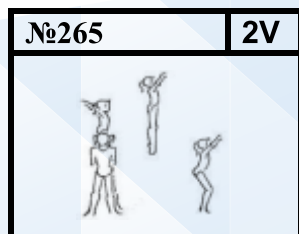
**PAIRS - DYNAMIC ELEMENTS**


**WG - BALANCE ELEMENTS**


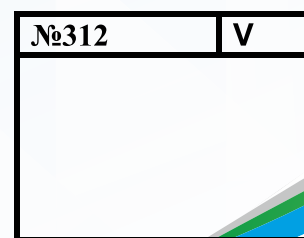
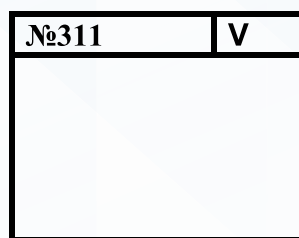
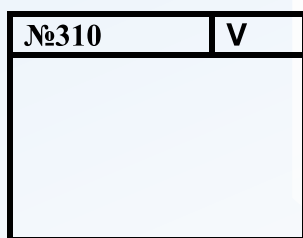
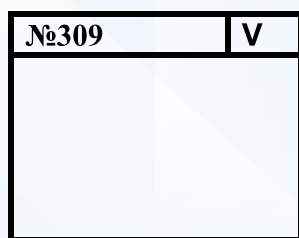
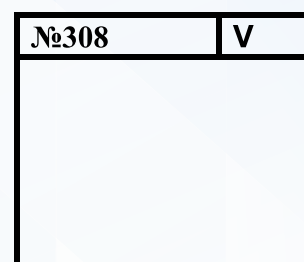
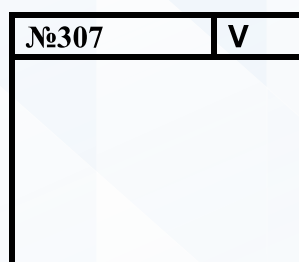
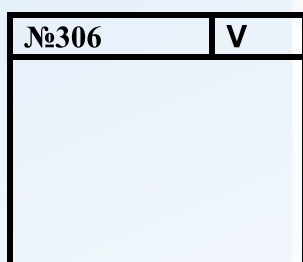
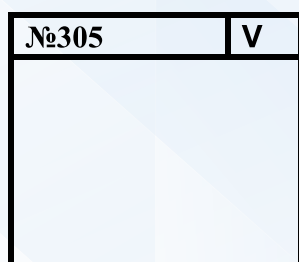
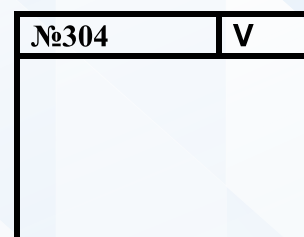
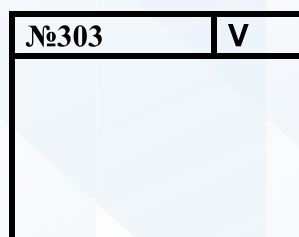
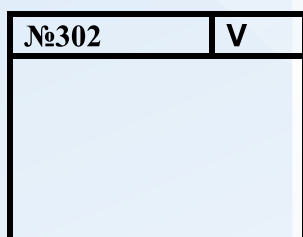
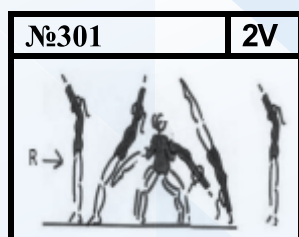
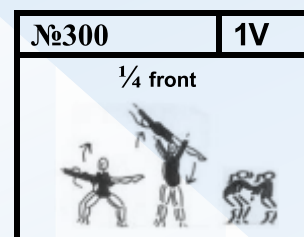
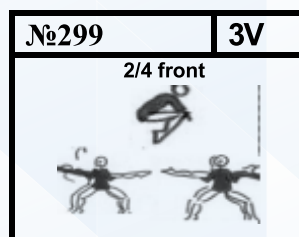
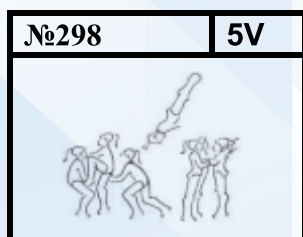
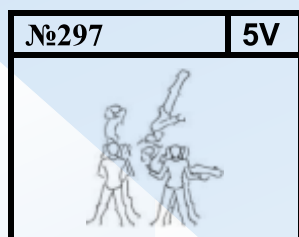
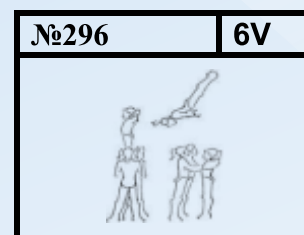
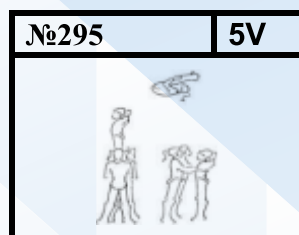
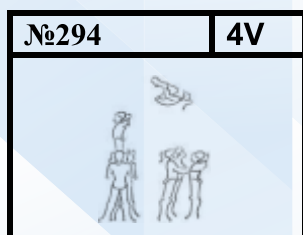
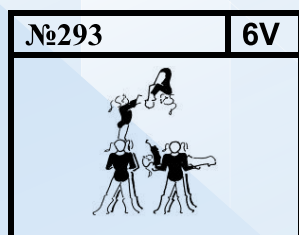
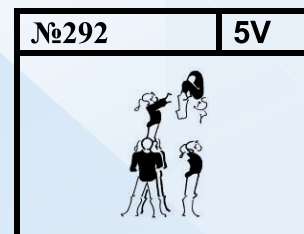
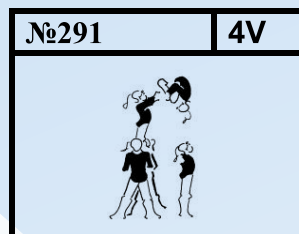
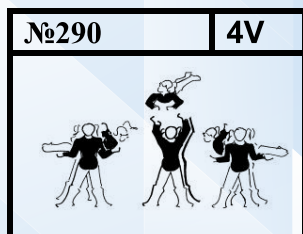
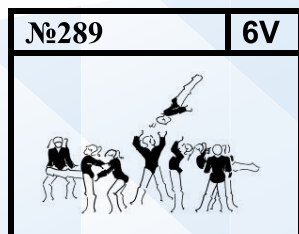


**WG - BALANCE ELEMENTS**



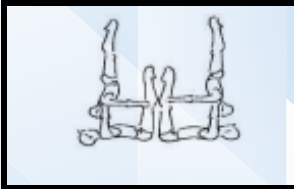
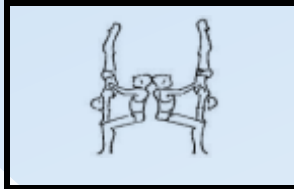

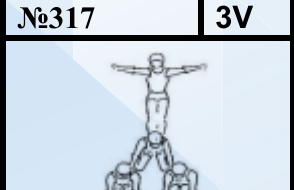
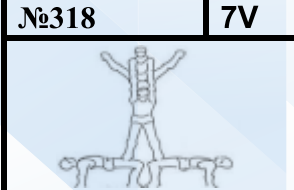
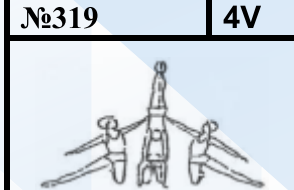
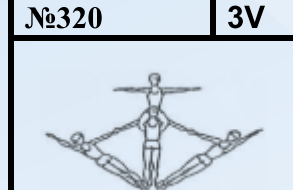
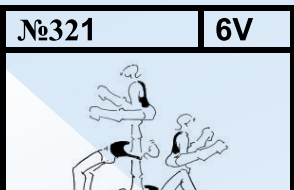
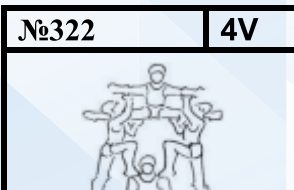
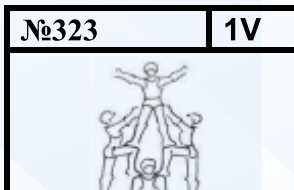
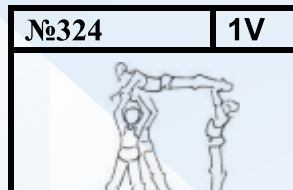

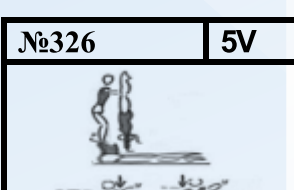

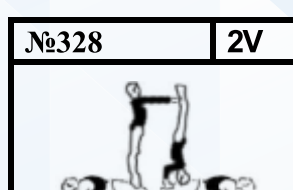
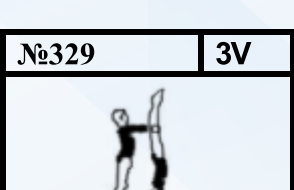
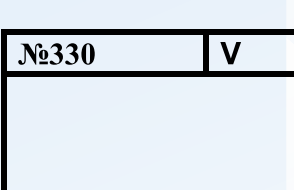
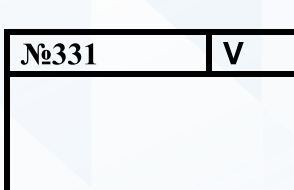
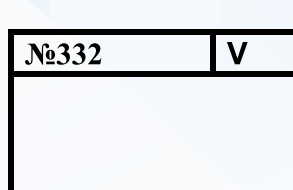
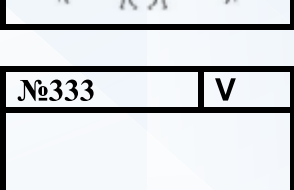
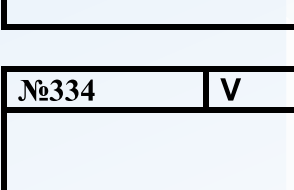
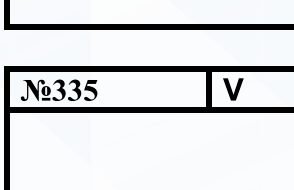
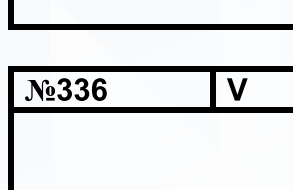
**WG - BALANCE ELEMENTS**


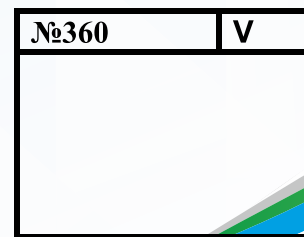
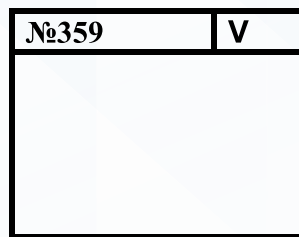
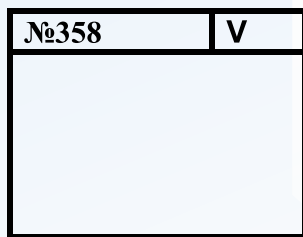
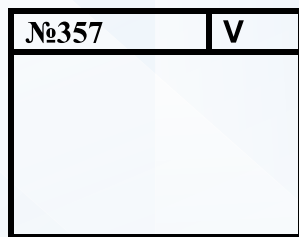
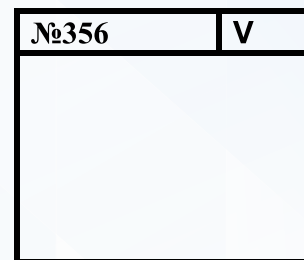
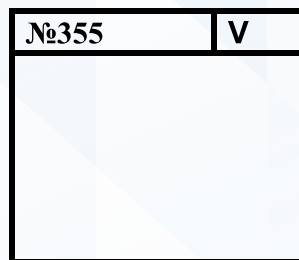
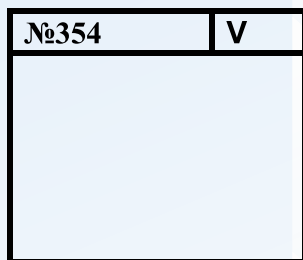
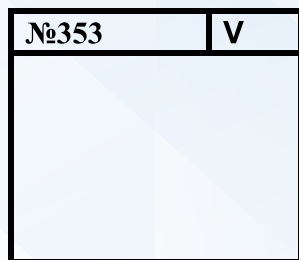
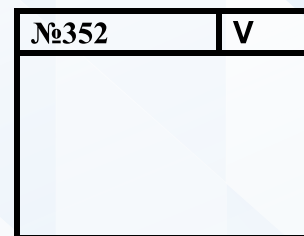
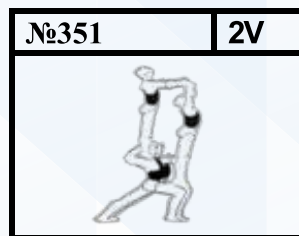
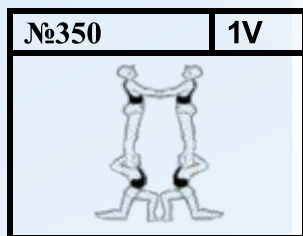
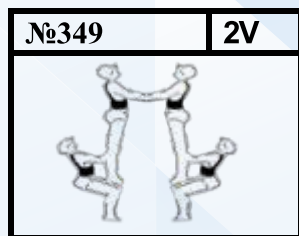
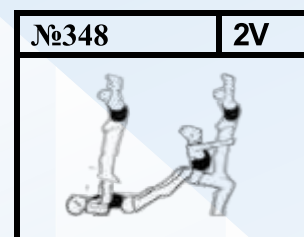
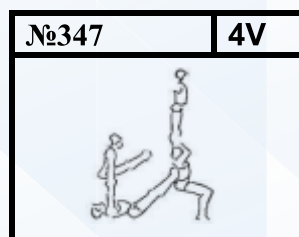
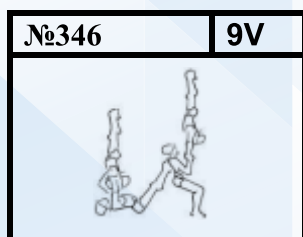
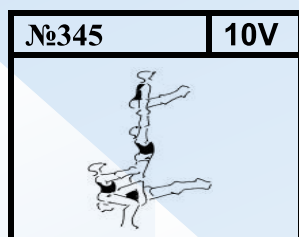
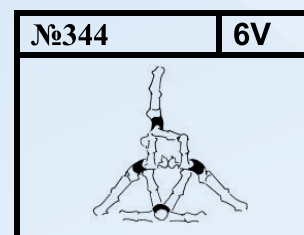
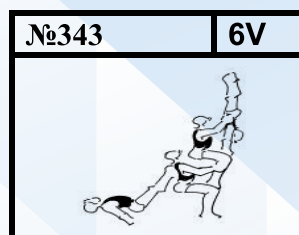
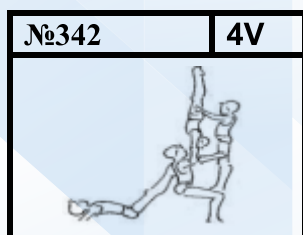
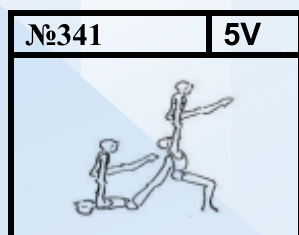
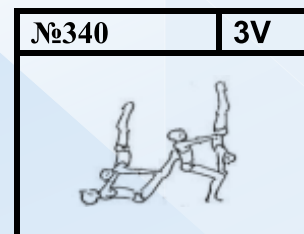
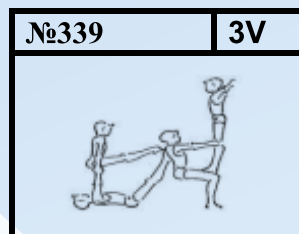
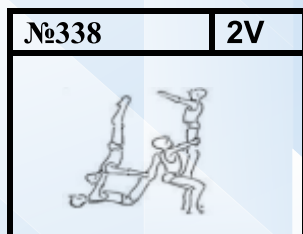
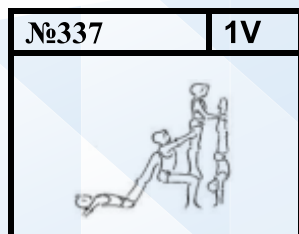
**WG - DYNAMIC ELEMENTS**


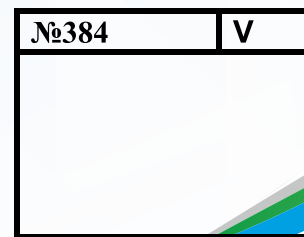
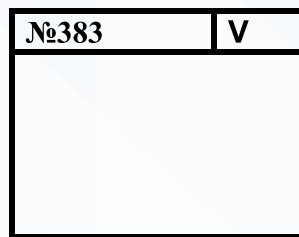
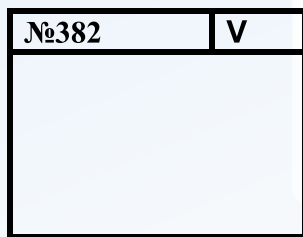
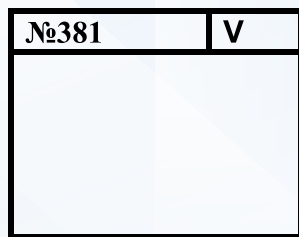
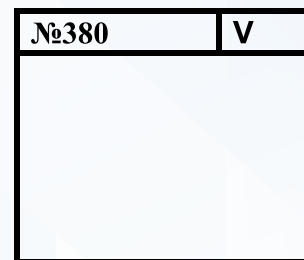
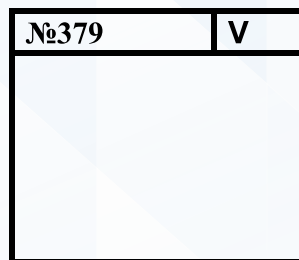
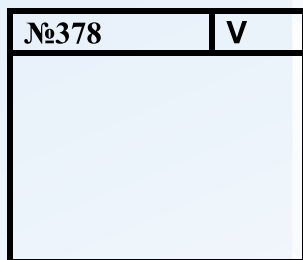
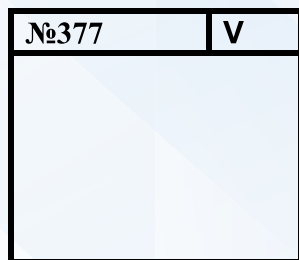
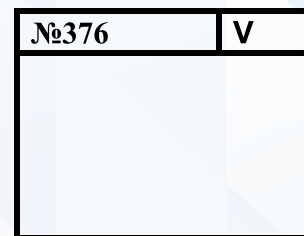
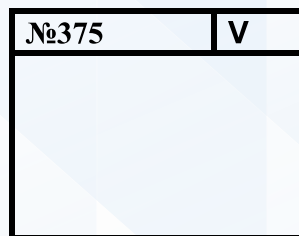
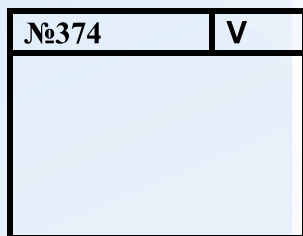
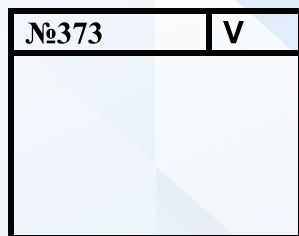
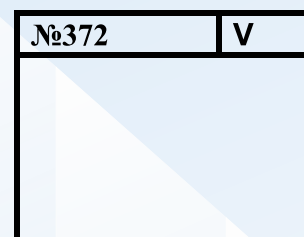
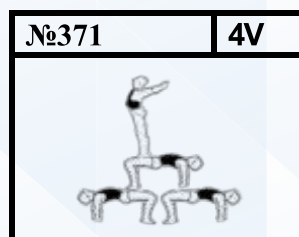
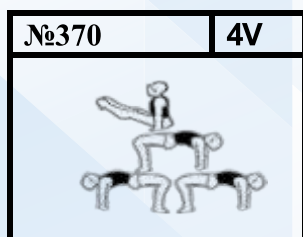
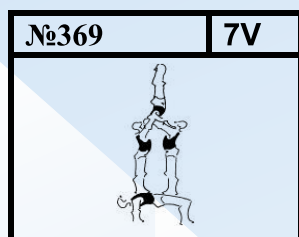
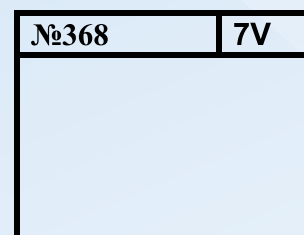
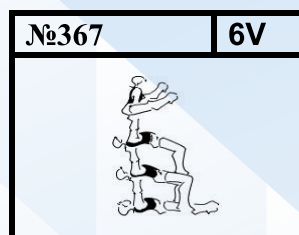
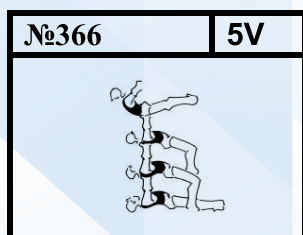
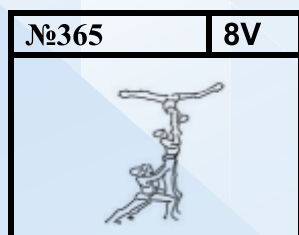
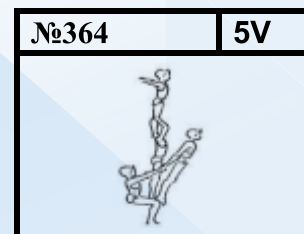
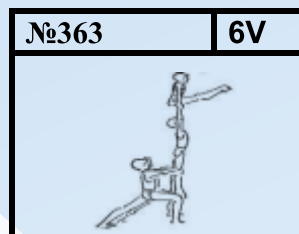
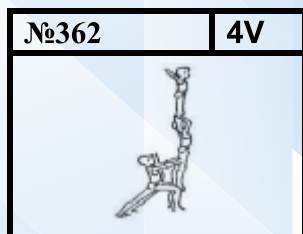
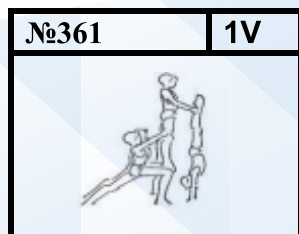


**WG - DYNAMIC ELEMENTS**


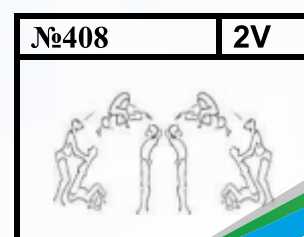
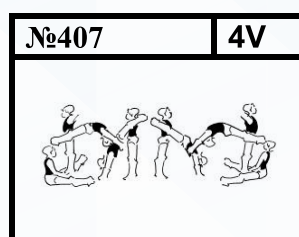
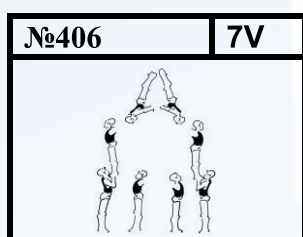
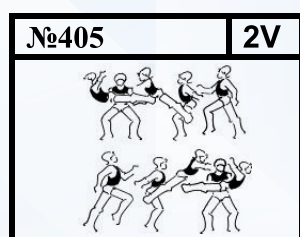
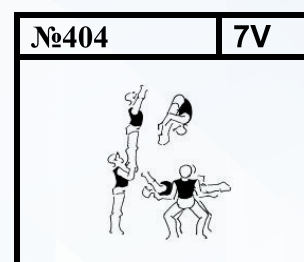
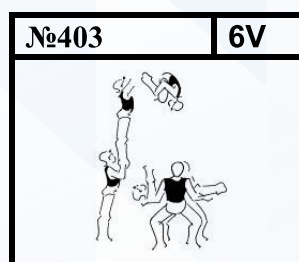
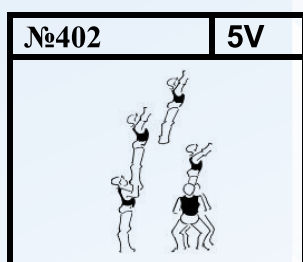
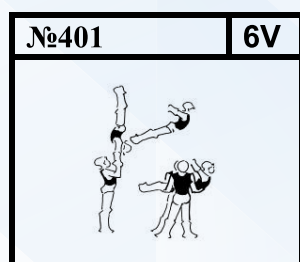
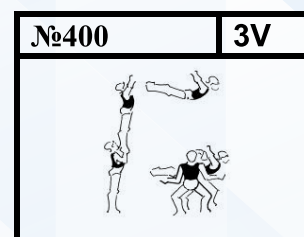
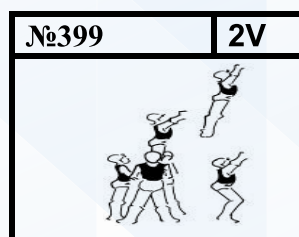
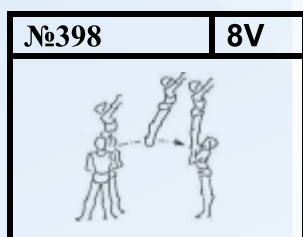
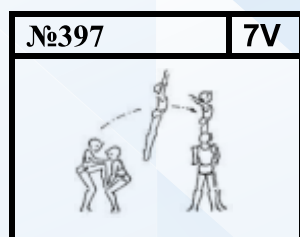
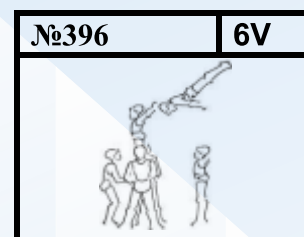
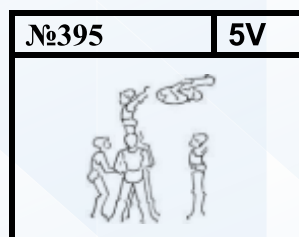
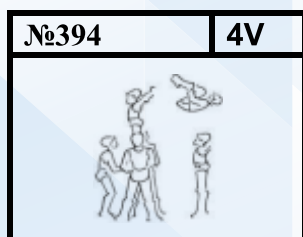
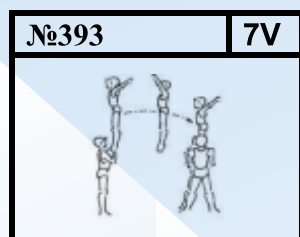
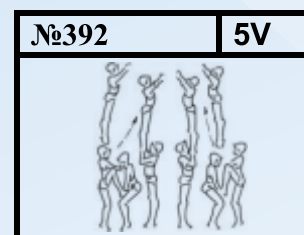
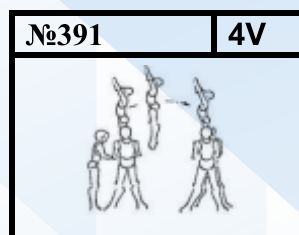
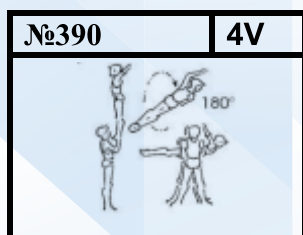
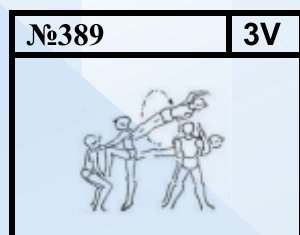
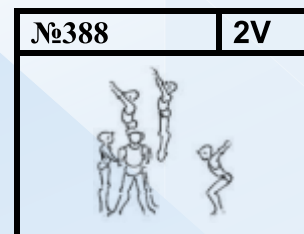
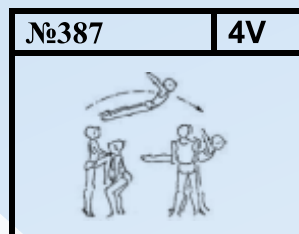
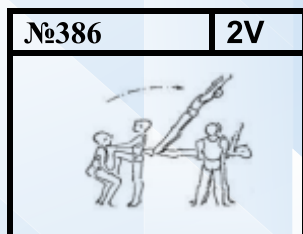
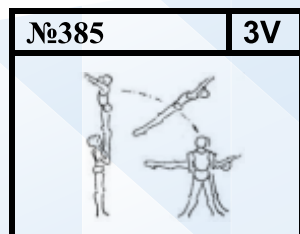
**MG - BALANCE ELEMENTS**

<b>№313</b> <b>2V</b> 	<b>№314</b> <b>3V</b> 	<b>№315</b> <b>4V</b> 	<b>№316</b> <b>6V</b> 
<b>№317</b> <b>3V</b> 	<b>№318</b> <b>7V</b> 	<b>№319</b> <b>4V</b> 	<b>№320</b> <b>3V</b> 
<b>№321</b> <b>6V</b> 	<b>№322</b> <b>4V</b> 	<b>№323</b> <b>1V</b> 	<b>№324</b> <b>1V</b> 
<b>№325</b> <b>1V</b> 	<b>№326</b> <b>5V</b> 	<b>№327</b> <b>2V</b> 	<b>№328</b> <b>2V</b> 
<b>№329</b> <b>3V</b> 	<b>№330</b> <b>V</b> 	<b>№331</b> <b>V</b> 	<b>№332</b> <b>V</b> 
<b>№333</b> <b>V</b> 	<b>№334</b> <b>V</b> 	<b>№335</b> <b>V</b> 	<b>№336</b> <b>V</b> 

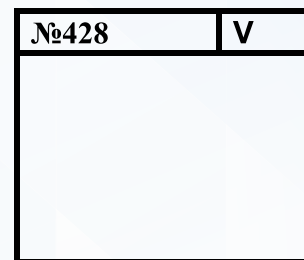
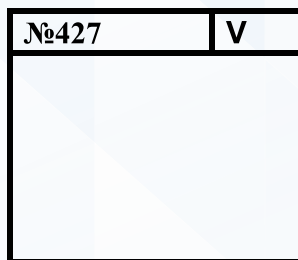
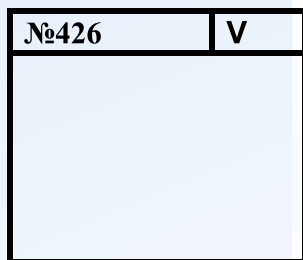
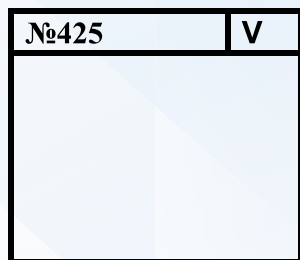
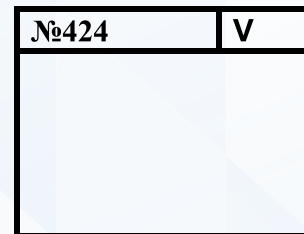
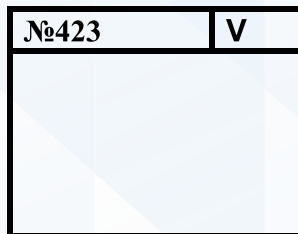
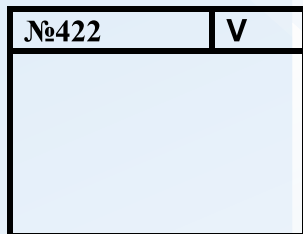
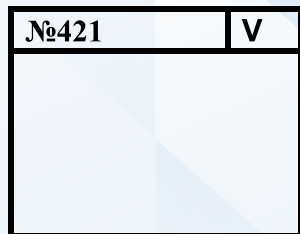
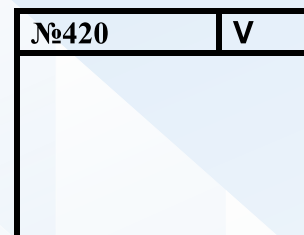
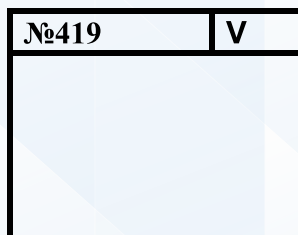
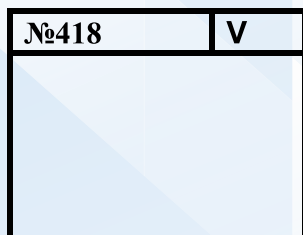
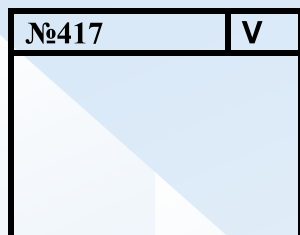
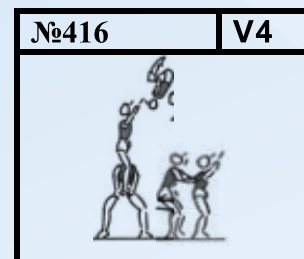
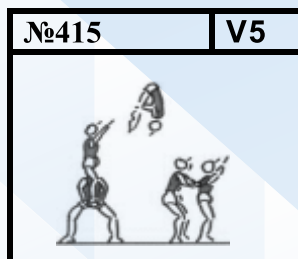
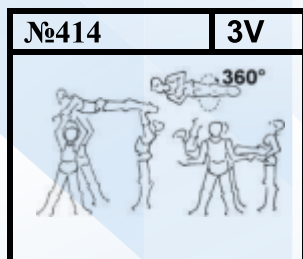
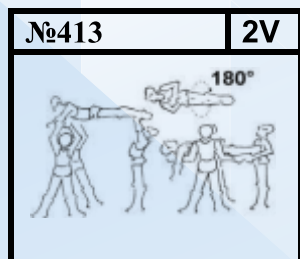
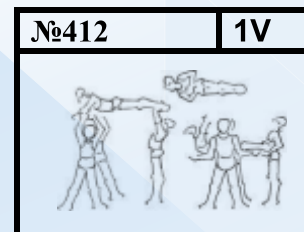
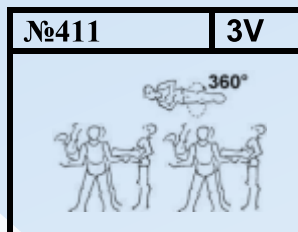
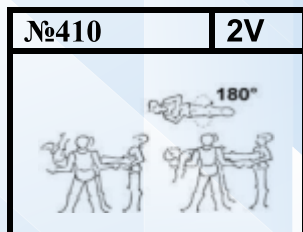
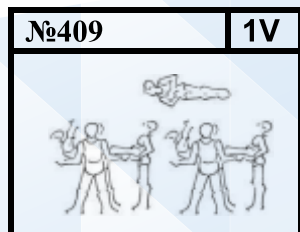
**MG - BALANCE ELEMENTS**


**MG - BALANCE ELEMENTS**




**MG - DYNAMIC ELEMENTS**


# *MG - DYNAMIC ELEMENTS*



# SECOND INTERNATIONAL ACROBATIC GYMNASTICS CHAMPIONSHIP «CUP OF BURGAS»

29.04 – 03.05.2020  
CITY OF BURGAS, BULGARIA

2020

AcroCup  
Burgas

## APPENDIX 2

### III. SPECIAL REQUIREMENTS FOR AGE GROUP 7-16

1. Pairs and groups perform 1 balance and 1 dynamic exercise, composed in accordance with FIG.

Music of all exercises has a maximum duration of 2 minutes.

Competition 1 – Balance;

Competition 2 – Dynamic;

Competition 3 – Men's pair; Men's group; Women's pair – Balance;

Mixed pair and Women's group - Dynamic

The performance order in Competition №1 and Competition № 2 is set by draw. The top 6 or 8 proceed to the Competition № 3 in the opposite order of the ranking from the sum of the final scores from the competitions № 1 + № 2. The sum of the competitions №1, №2 and №3 determines the ranking.

2. 5 elements cover a special requirement in balance exercise. Maximum 8 elements for additional difficulty.

3. Each missing compulsory group/pair element, penalty of 1,0 is applied.

4. Each additional element over 8 taken, penalty of 1,0 is applied.

5. Unsupported stand is not required.

6. Each partner has to perform 3 individual elements (balance, flexibility, agility). Each missing or additional individual elements, penalty of 1,0 is applied.

7. Single balance group/pair element cannot exceed 9 points difficulty. If the difficulty is exceeded, penalty of 1,0 is applied.

8. 6 elements cover the special requirements in dynamic exercise. Maximum 8 elements for additional difficulty.

9. For each missing group/pair element, penalty of 1,0 is applied.

10. Each additional element over 8 taken, penalty of 1,0 is applied.

11. The exercise required 2 dynamic elements to a partner/s. For each missing element, penalty of 1,0 is applied.

12. In the dynamic exercise not more than 3 tumbling can take a credit for difficulty.

13. Single pair/group dynamic element cannot exceed 14 difficulty values. If the difficulty is exceeded, penalty of 1,0 is applied.

14. Each partner must perform three (3) individual tumbling elements. Salto is not required. For each missing or additional individual element, penalty of 1,0 is applied.

### ADDITIONAL EXPLANATIONS FOR GROUPS

Requirements in balance exercise:

Minimum 2 pyramids, maximum 3 pyramids.

Minimum 3 static poses, each has to be statics holds 3' seconds.

Maximum 6 statics poses can be performed in the whole exercise.

If each of the special requirements is not performed, penalty of 1,0 is applied.

Groups can perform two (2) pyramids from same category.

a) In the balance exercise – single balance element cannot exceed difficulty of 16.

b) In dynamic exercise – single dynamic element cannot exceed difficulty of DV 14.

At Men's group – DV 10.

Exceeding the difficulty limit of one (1) dynamic or one (1) balance element, penalty of 1,0 is applied.

