



ACROBATIC GYMNASTICS

**INTERNATIONAL
COMPETITION**

- First Edition -

SEPTEMBER 4TH



**ACROBATIC
GYMNASTICS**

Romanian Gymnastics Federation has the pleasure to invite your Federation and clubs to participate to our **First International Acrobatic Competition 2023**

HOST FEDERATION&LOCAL ORGANIZING COMITTEE

Romanian Gymnastics Federation

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SOCIAL MEDIA



<https://www.frgimnastica.com/>



<https://www.instagram.com/frgimnastica/>



<https://www.facebook.com/frgimnastica>



<https://www.linkedin.com/federația-română-de-gimnastică/>

VENUE

National Sports Complex Hall „POLIVALENTA”



Calea Piscului, Nr. 10, Sector 4, Bucharest

PROVISIONAL SCHEDULE

September 2023

3rd

Arrival of delegation



4th

Training (Morning),
Competition (Afternoon)



5th

Departure of delegations



MUSIC

Duration between
1:30 min - 5:00 min

Track names should be as follows: Country - name of the group
(Ex: ROU-Flowers)

The music should be sent at the e-mail address:
andreea.petcu@frgimnastica.com

FLOOR

Artistic Gymnastics floor (SPIETH)





PARTICIPANTS

In this competition can participate gymnasts from the age of 7.

Special rule: there are no age or height restrictions between team partners!

ENTRY FEE: 15 EUR / person / entry



TECHNICAL REQUIREMENTS REGARDING THE CONTENT OF EXERCISES BY CATEGORY

Beginners

all gymnasts must perform:

- 4 Acrobatic elements
- 2 Individual elements
 - ① element (static or flexibility)
 - ① element (agility or tumbling)

Advanced

all gymnasts must perform:

- 6 Acrobatic elements
- 3 Individual elements
 - ① static element
 - ① element of flexibility
 - ① element of agility or tumbling

*The tariff sheet will be sent to the organizing committee and the federal coach at least 7 days before the start of the competition, these elements will be those from the “Tables of elements” documents.

*Acrobatic and individual elements can be found in the appendices of this invitation
In the beginners and advanced categories, the gymnasts will compete with a single combined exercise (dynamic and static).



DURATION OF EXERCISES

All exercises have a maximum duration of 2 minutes. There is no minimum duration.

MUSIC

All exercises must be performed to music, with/without words.

EVALUATION

The evaluation / arbitration will be done separately.

No points are awarded for difficulty.

*The Superior Jury will apply a penalty of 0.5 p.for each missing element, according to the requirements mentioned before in **Beginners and Advanced categories***

*The Superior Jury will apply a penalty of 0.25 points for each element attempted but not completed, according to the requirements mentioned before in **Beginners and Advanced categories.***

The Superior Jury will apply a penalty of 0.3 points for the wrong order of the elements (the penalty will be applied for each error during the exercise, according to the tariff sheet)



Execution of the acrobatic & individual elements will be very important

Acrobatic & Individual elements:

For acrobatic & individual elements made with small technical mistakes - **5 p.**

For acrobatic & individual elements made with significant mistakes and/or timing mistakes – **3 p.**

For acrobatic & individual elements with major technical errors, and/or falls – **1p.**

Equally important will be the artistic impression.

**The artistic evaluation (general impression)
will be carried out according to the following criteria:**

①

The relationship between music and movements.

②

Choreographic composition.

③

Use of space.

④

Amplitude of body movements and posture.

⑤

Synchronization of partners and movements.

For the artistic content of the choreography made with:

- small mistakes in fulfilling the 5 criteria **will be granted 5 p.**

- significant mistakes and/or timing mistakes in fulfilling the 5 criteria **will be granted 3 p.**

- major mistakes and/or falls **will be granted 1p.**

The jury will consist of 5 judges.

PRIZES

The exercises are evaluated according to the performance of the gymnasts and gold, silver or bronze medals are awarded:

Gold

(success)

exercises performed with small technical/artistic mistakes
Awarded to: 1st, 2nd, 3rd place

Silver

(progress)

exercises performed with significant technical/artistic mistakes
and/or timing mistakes.
Awarded to: 4th, 5th, 6th, 7th, 8th place.

Bronze

(development)

exercises performed with major technical mistakes, and/or falls.
Awarded from 9th place to the rest of the gymnasts

The prizes will be awarded for each category of the competition
(Beginners - Pairs and Trio | Advanced – Pairs and Trio).

Diplomas will be awarded for certification, participation, organization, arbitration.
Depending on the sponsorships, all athletes will receive surprise gifts!

REGISTRATION DEADLINES

Definitive registration: 4th July
Nominative Registration: 4th August

ACCOMODATION

140 EUR single room - full board
100 EUR double room / person - full board

The hotel will be determined after we receive your intentions of participation.

CANCELLATION POLICY

Accommodation:

Rooms canceled after 21 st September until arrival of the delegation on site or „no shows” will be subject to a cancellation fee of 100% of the total meal cost.

FAREWELL BANQUET

Romanian Gymnastics Federation will organise a farewell banquet on 4th september free of charge for the participants booking their accomodation through LOC.

Price of Farewll banquet (for the participants that didn't book their accomodation through LOC) : 30 EUR / person.

TRANSPORT

International Transportation

Arrival and departure - Bucharest.

The invited participating federation or club is responsible for their own transportation and costs. The Travel Schedule Form must be returned to the LOC by 4th August.

The LOC may provide transportation to all delegation members, who have booked their accommodation through the LOC, from Otopeni Henri Coanda Airport (OTP), Bucharest railway station to their hotel and back, on the official arrival (3rd September 2023) and official departure days (5 th September 2023). This transportation is free of charge.

For those delegation or members of delegations that do not arrive or departure on the official days, upon request, the LOC may arrange additional transportation. The cost for it depends on the number of people, the date and time. Please send your request to the LOC not later than 1 st September 2023 in order to be able to arrange transportation and inform you about the price.

Local Transportation

The LOC will ensure the local transportation between the Hotel and the competition hall for the participants who booked the accommodation through the LOC.

For those delegation or members of delegations that do not book the accommodation through, the LOC may arrange additional transportation. The cost for it depends on the number of people, the date and time. Please send your request to the LOC not later than 1 st September 2023 in order to be able to arrange transportation and inform you about the price.

ACCREDITATION

The following items will be checked there with the Heads of delegations before issuing accreditation:

- The passport of gymnasts and all members of the delegations
- Fulfilment of all financial obligations
- Transport – Departure
- Music on the usb stick

VISA

Please verify immediately with your travel agent or the Romanian Embassy or Consulate in your country if a visa is required for your travel to Romania. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 17 August 2023 to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.

INSURANCE

The Host Federation (LOC) will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

The LOC will verify the insurance upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.

Delegation members with insufficient insurance coverage must inform the LOC in advance.

DEADLINES SUMMARY

July 4th

Definitive registration

August 4th

Nominative Registration

August 4th

Payment Entry fee

August 4th

Travel form

August 4th

Forms Full Board Accomodation

August 4th

Payment Full Board Accomodation

August 4th

Payment Farewell Banquet

August 4th

Payment Transport

The forms for definitive & nominative registrations should be sent to the following adress:

andreea.petcu@frgimnastica.com

BANK ACCOUNT INFORMATION

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

Beneficiary	FEDERATIA ROMANA DE GIMNASTICA
Beneficiary address	Vasile Conta 16, sector 2, Bucharest, Romania
Bank name	Banca Comerciala Romana
Bank address	Str. Eugeniu Carada nr.1-3, sect.3 030057 București, România
Branch	LIPSCANI
IBAN	RO25RNCB0090000508400027
Swift code	RNCBROBU
Reference	Acro International Competition (Country)

