

CHAMPIONSHIP PROGRAMME CAT. C1/C2

Category C1/C2 Programme

Intentions and goals the manual aims to inspire and encourage the development of all areas and aspects of sports acrobatics.

The manual provides a framework for sports acrobatics, which allows newcomers to rapidly develop their knowledge and skills and to participate in national and international championships, competitions, and tournaments in a short time.

Disciplines:

W2 – woman's pair / WP

W3 – woman's group / WG

MX – mixed pair / MxP

M2 – men's pair / MP

M4 – men's group / MG

Competitions:

individual Competitions, Individual score per discipline and age group

team competitions team Classification

Age Classification:

class 1 / 6-13 years

class 2 / 8 -19 years

the age difference can't be more than 8 years between the youngest and the oldest gymnast
(important: year of birth!)

Competition Program special requirements for combined routine, no balance or dynamic! - just combined – 1 per group / pair!)

Routine:

all routines include pair- / group elements and individual elements which support the character of the routine

all balance elements must be a static hold of at least 3sec

all dynamic elements (pairs and groups!) require a "flight" of the Top before the catch

the landing of the Top after a dynamic element must be catches or at least supported by the Base

- the value of static pair- / group elements is not allowed to be higher than twice the value of the dynamic elements – and the other way around! (The rule doesn't include individual elements)
- the routine isn't allowed to be longer than 2.30mins
- all routines must be performed with music / – with lyric or not
- the routine is shown on a 12x12m floor
- routines start with a static hold – continue with a choreography (including pair- / group elements) – end with a static hold.

Difficulty: 60 Value / (divided) 100 = 0,6 difficulty

- max. of 10 Value difference (but are not evaluated for the difficulty)
- from 11 Value difference on the deduction will be 1,0 points
- all elements which are shown in the routine and overstep the allowed difference

Requirements:

Maximum 8 group elements, minimum 6 of which

1 static element cat.1

1 static element cat.2

1 static element cat.3

3 dynamic elements.

- 3 Individual elements (1 element cat.1, 1 element cat.2, the third one free)

- Dynamic elements:

1 shooting element from partner obligatory (see tables dynamic elements letter G),

max. 2 arrivals on the ground from partner (Dismounts).

In total 5 arrivals on the ground are possible.

Maximum of 3 equal starting and shooting positions.

- Group: If the Top and Middle are in the same position, they are counted only once.
once (e.g.: two teams in the same figure count as one).

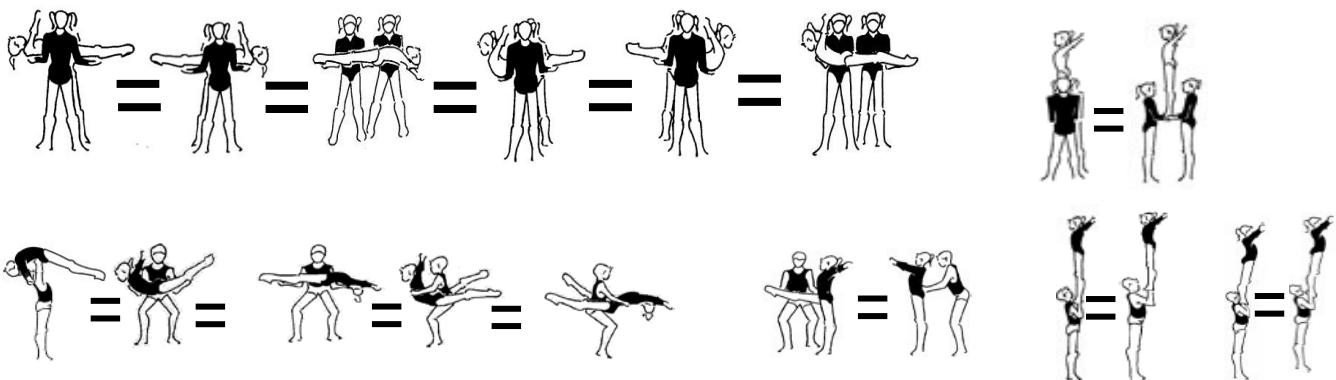
- Difference between static and dynamic elements 50% with tolerance 1 point

- Each gymnast can only participate in one competition (derogation: male gymnast who can do two competition exercises: Duo M and Duo Mx, female gymnast who can do Duo MX and/or Duo F and/or Trio

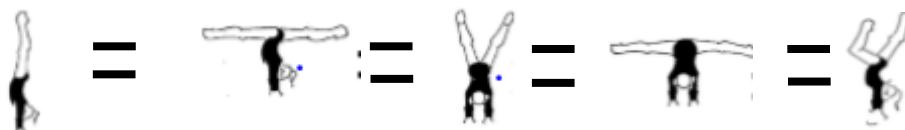
CHIARIMENTI TECNICI PROGRAMMA CAMPIONATO

TECHNICAL CLARIFICATIONS C CHAMPIONSHIP PROGRAMME

- Stessa posizione – Gruppo e Coppia / equal start- / end positions (catches) for groups



- Stessa posizione / equal / similar handstand position for the Top during pair- / group elements



- Arrivi e partenze considerate uguali / example for the same / identical elements, only allowed to be shown



- Squadre Considerate uguali / equal straddle variations

- Variazione



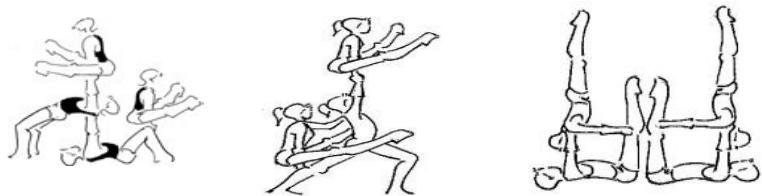
- Squadra raccolto (arti superiori esterni al bacino nel duo e nel trio)



- Transizioni possibili che non prendono valore / Transitions without Value



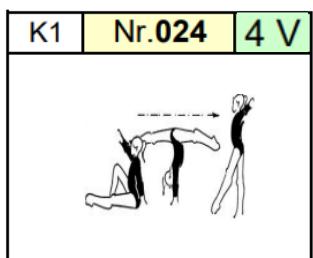
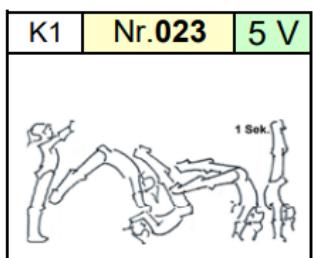
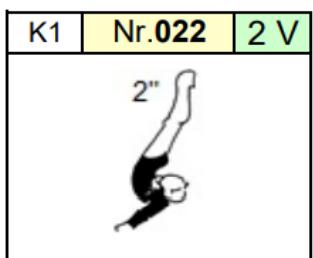
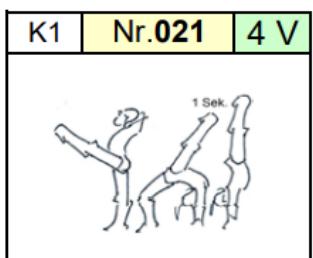
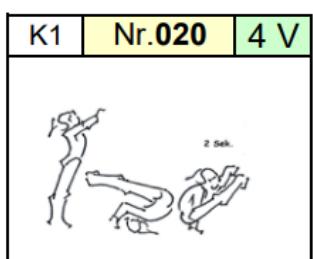
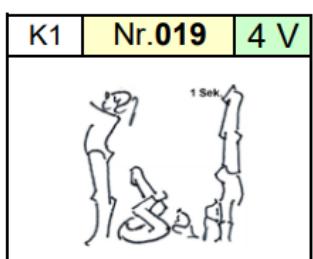
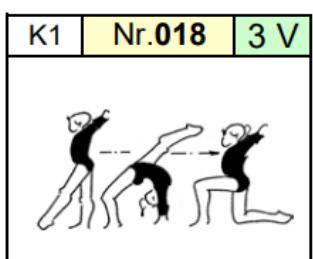
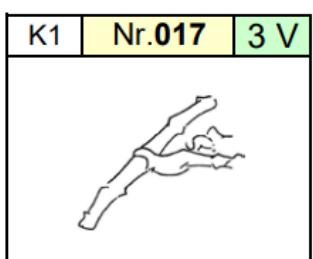
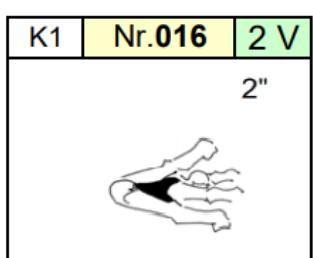
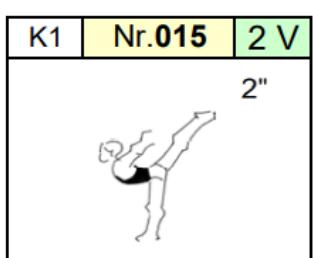
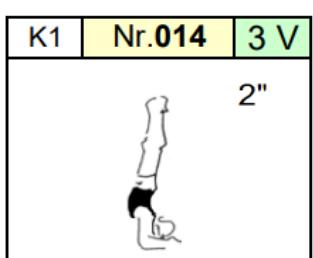
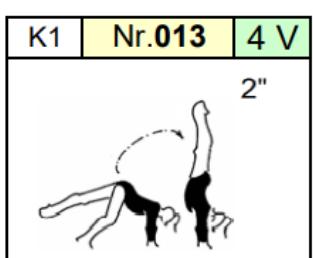
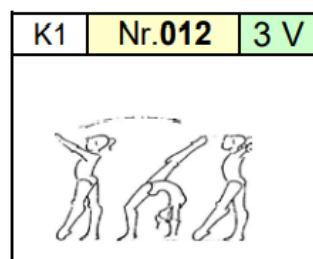
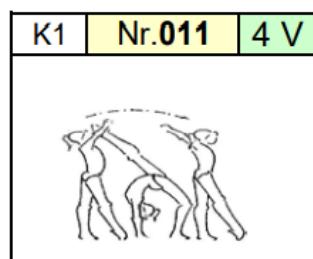
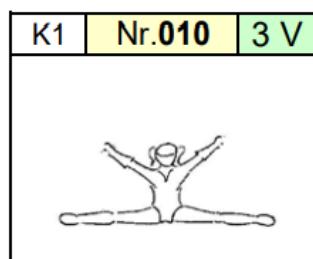
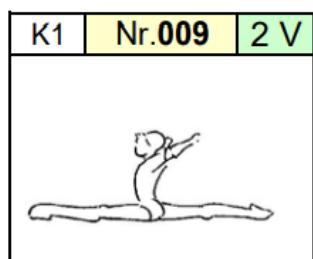
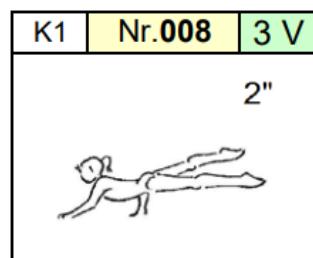
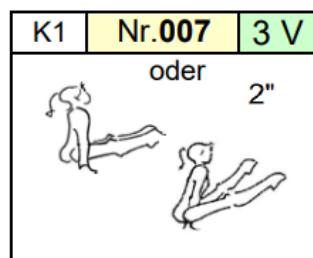
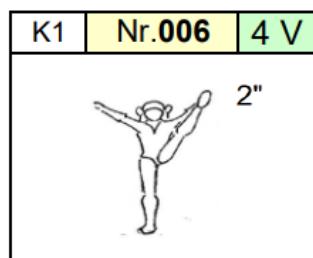
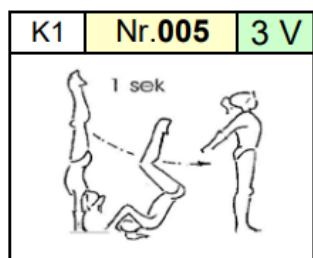
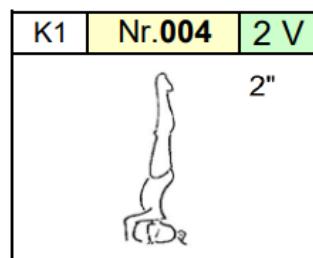
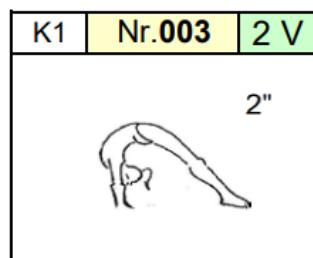
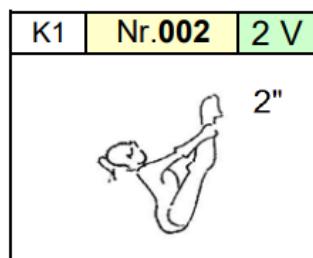
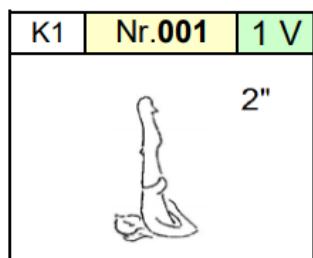
Figura doppio elemento che vale come uno / Example: where Top and (middle) Base have the same static hold at the same time = one element → counted as 1 static hold

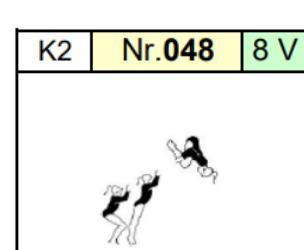
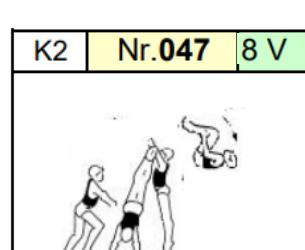
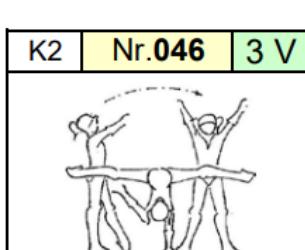
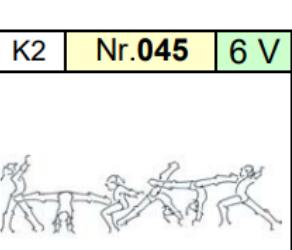
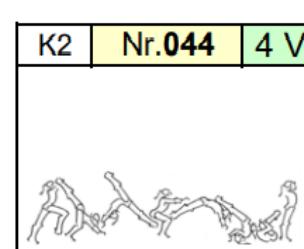
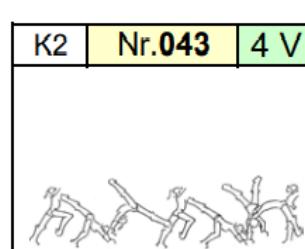
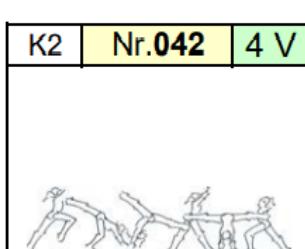
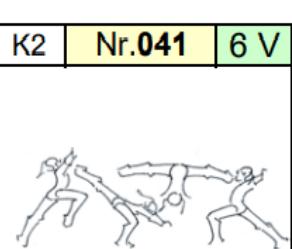
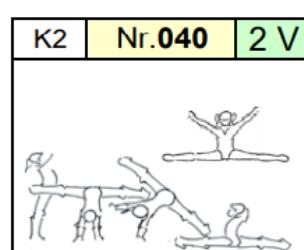
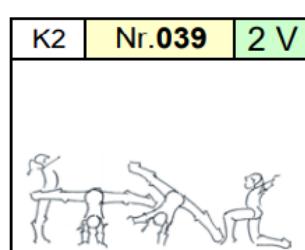
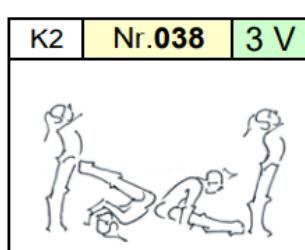
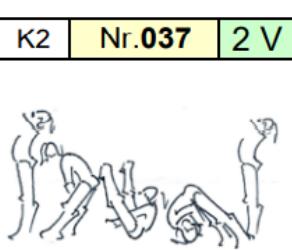
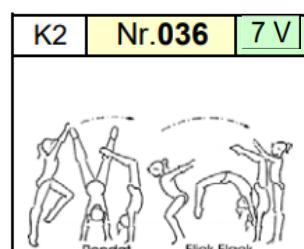
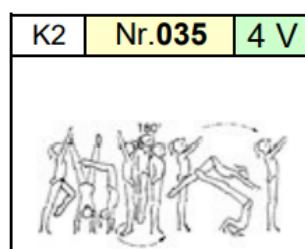
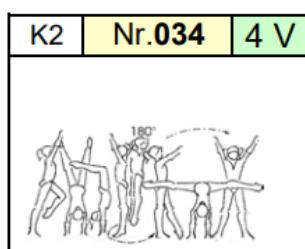
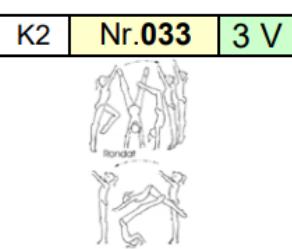
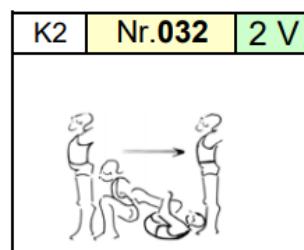
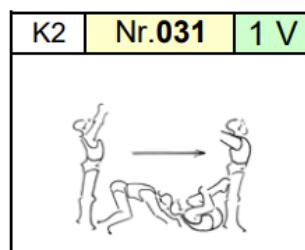
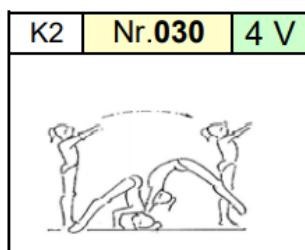
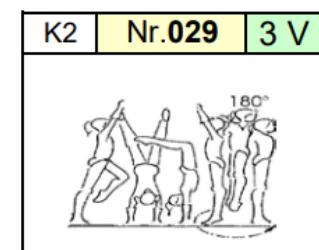
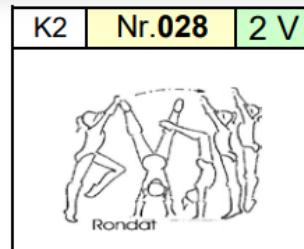
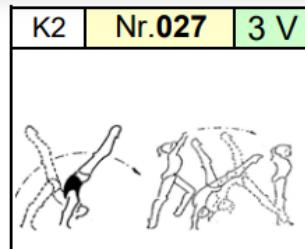
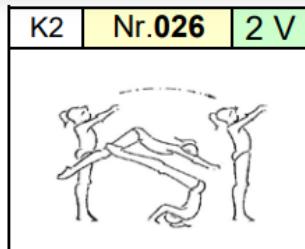
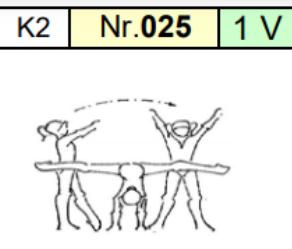


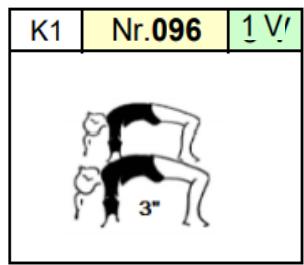
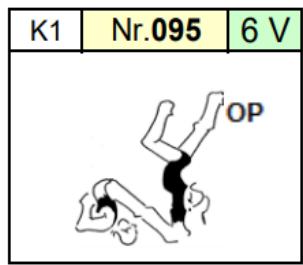
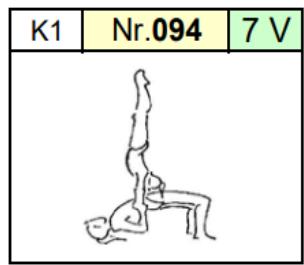
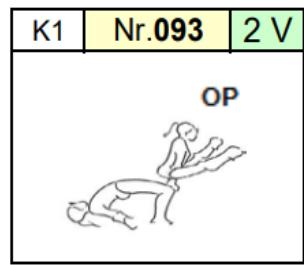
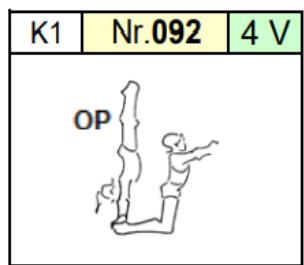
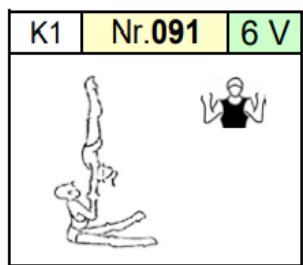
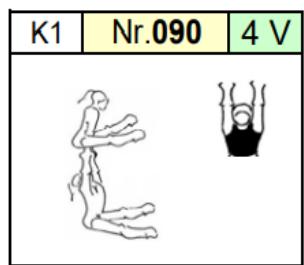
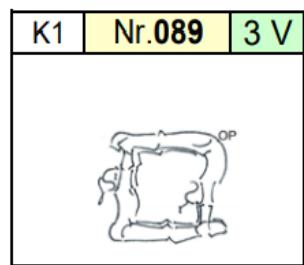
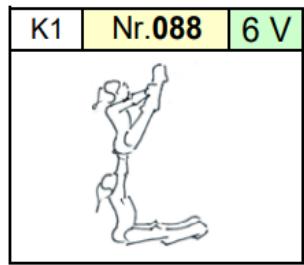
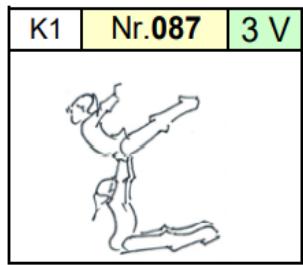
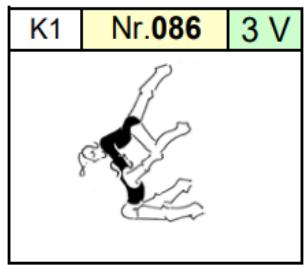
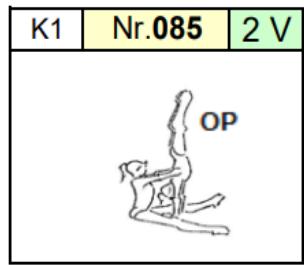
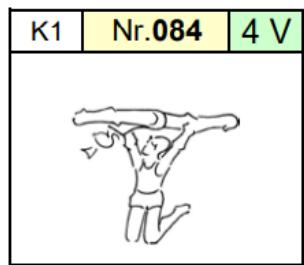
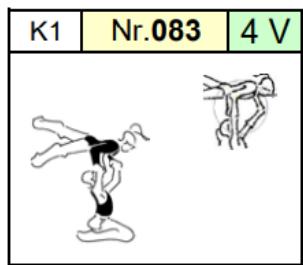
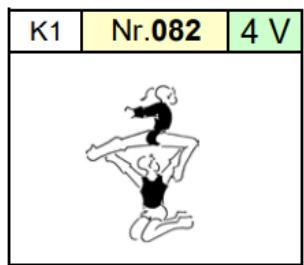
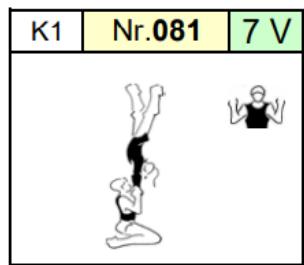
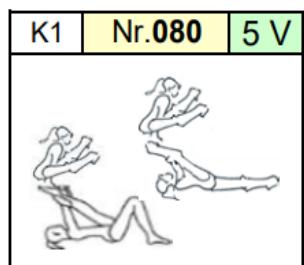
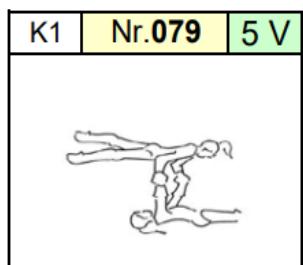
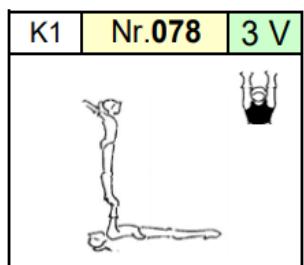
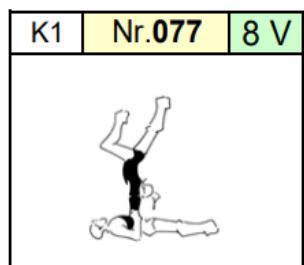
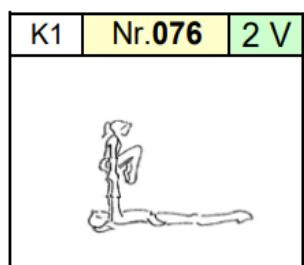
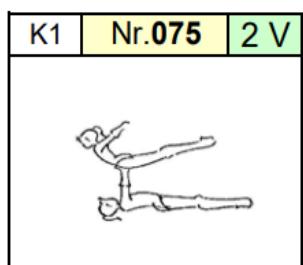
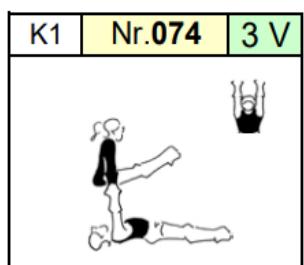
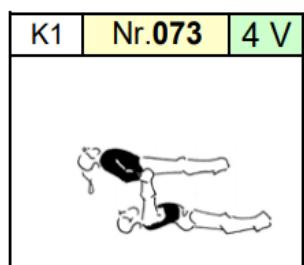
La sigla OP significa la (TOP) / The acronym OP stands for (TOP)

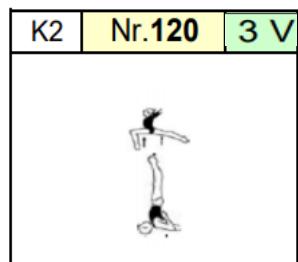
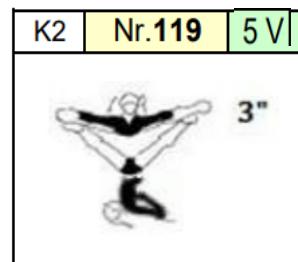
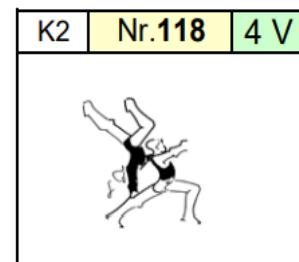
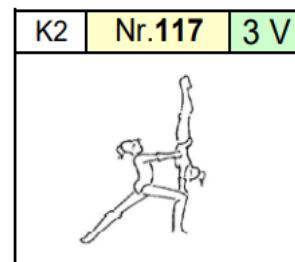
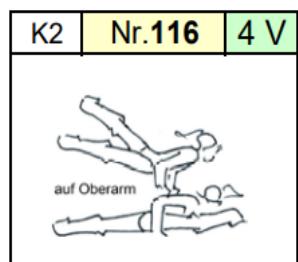
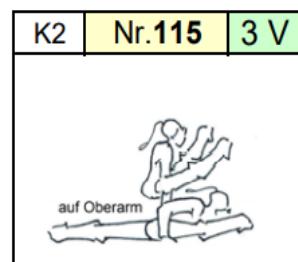
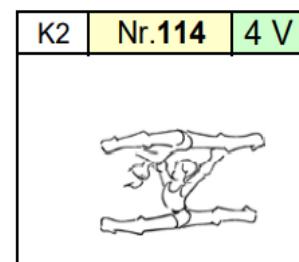
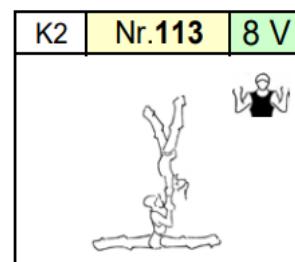
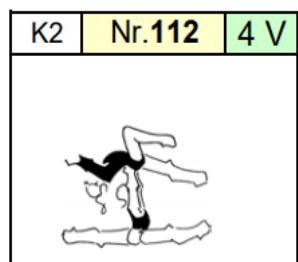
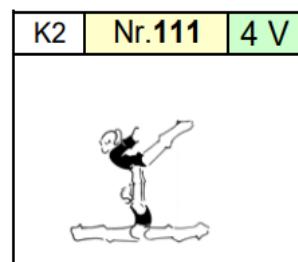
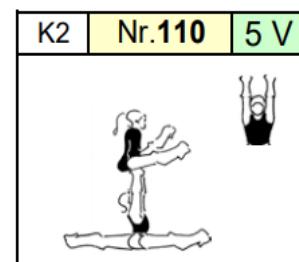
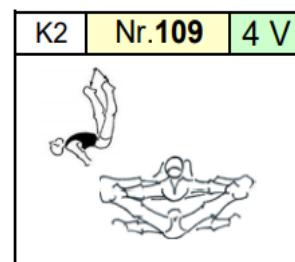
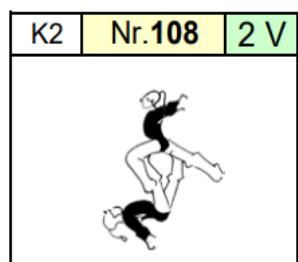
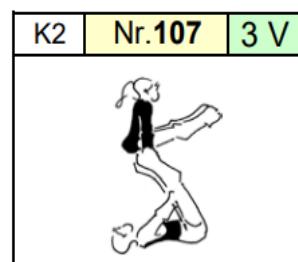
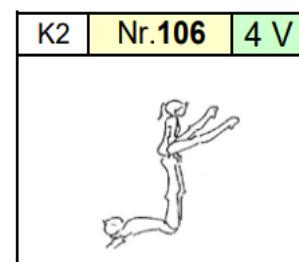
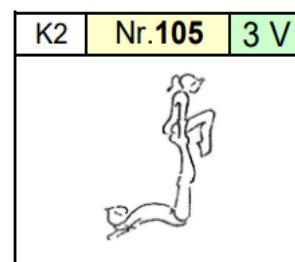
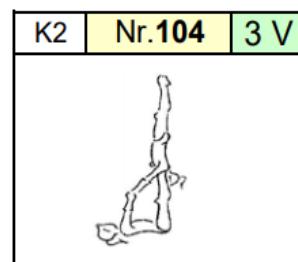
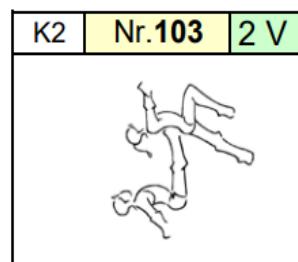
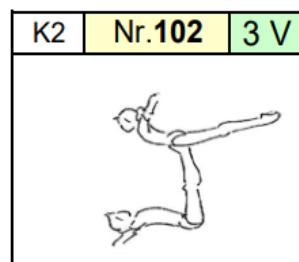
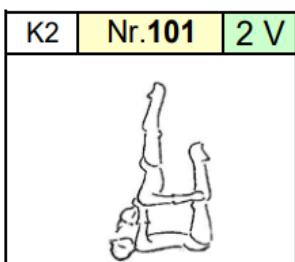
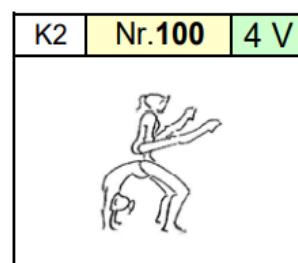
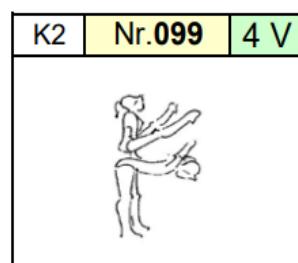
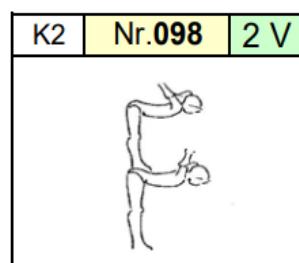
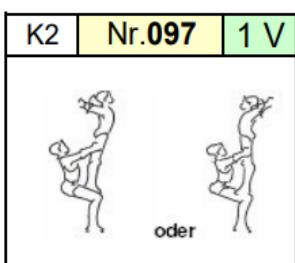
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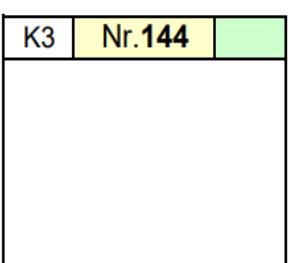
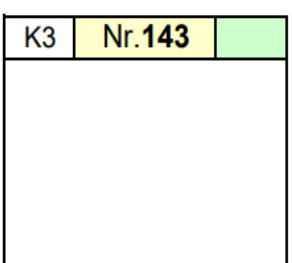
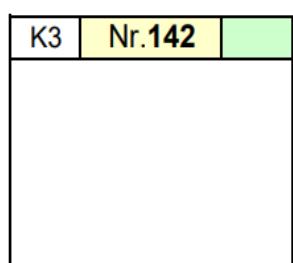
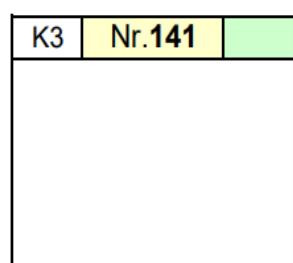
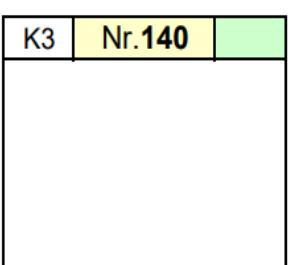
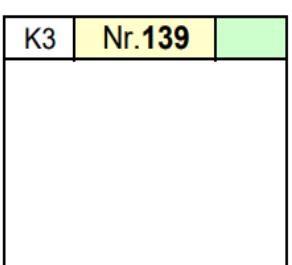
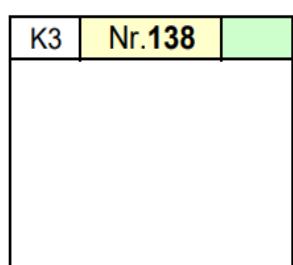
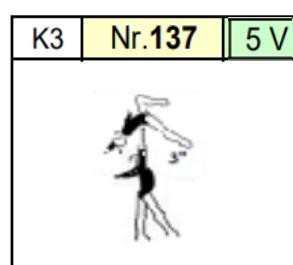
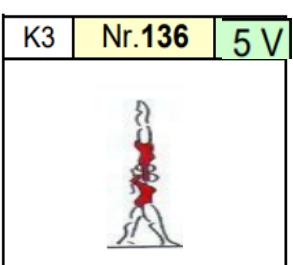
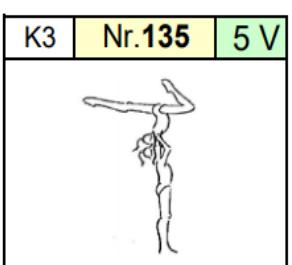
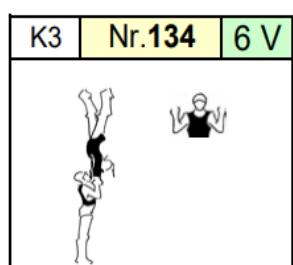
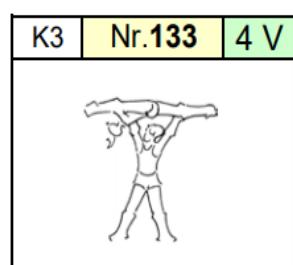
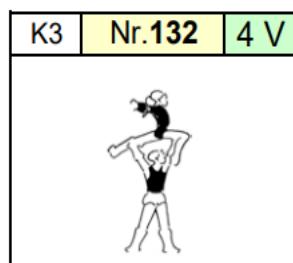
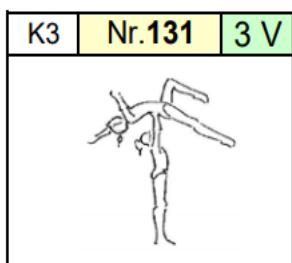
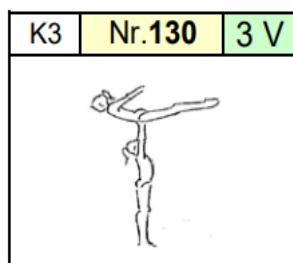
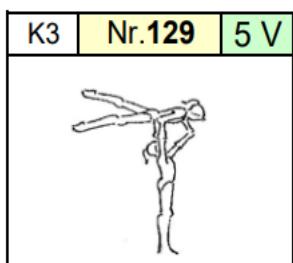
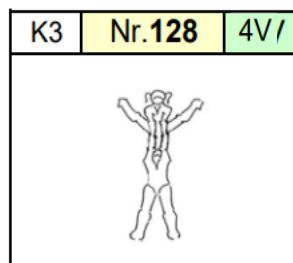
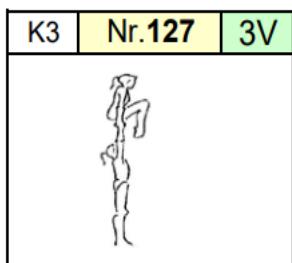
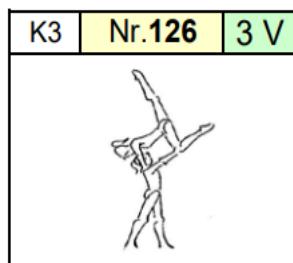
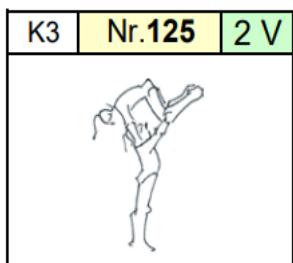
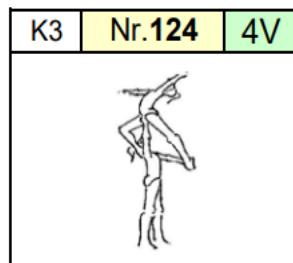
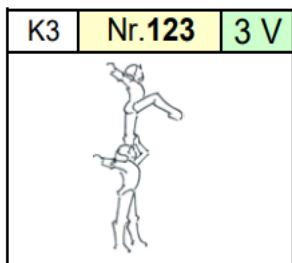
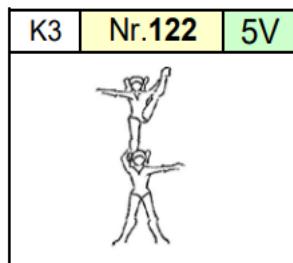
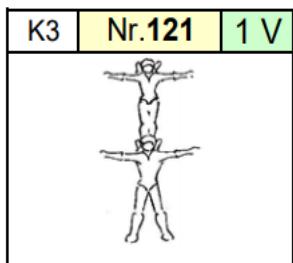


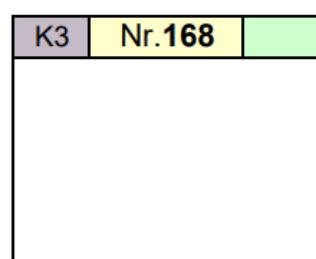
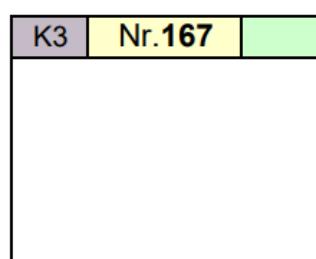
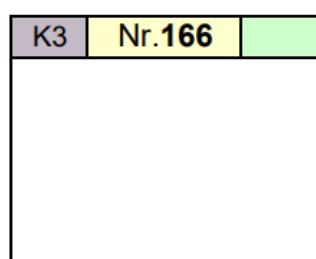
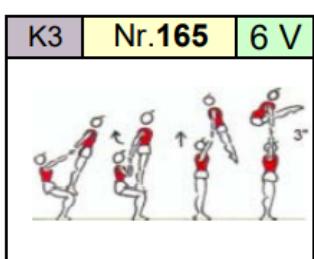
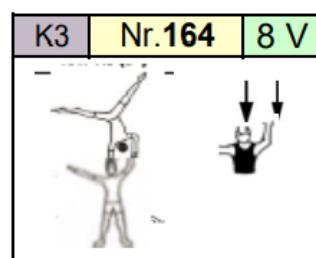
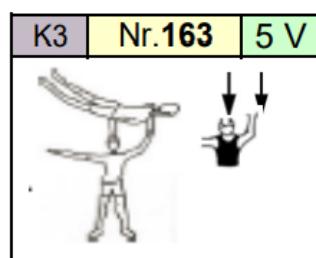
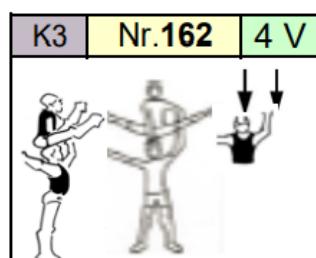
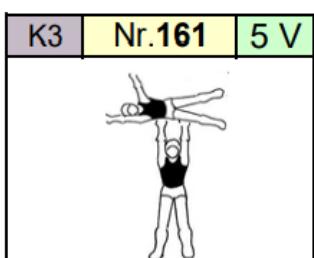
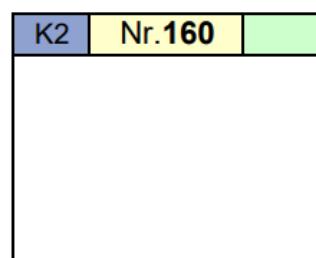
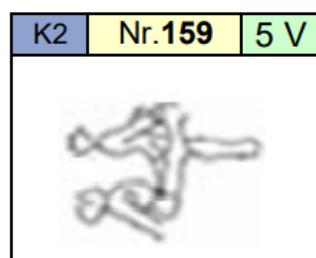
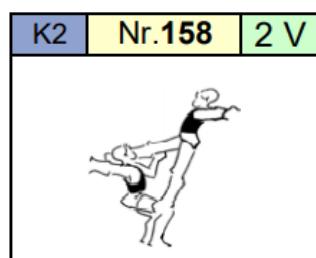
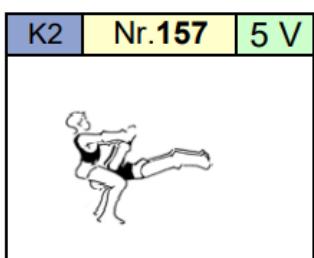
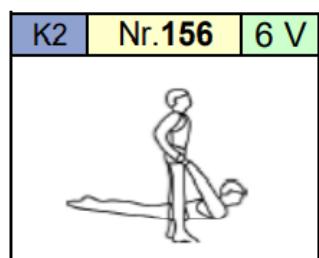
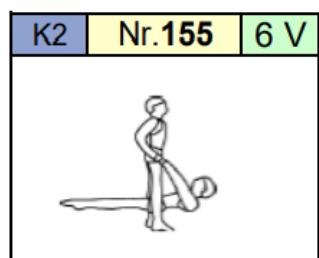
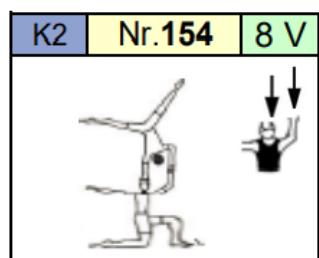
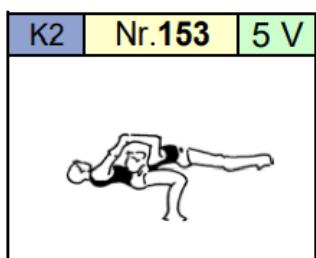
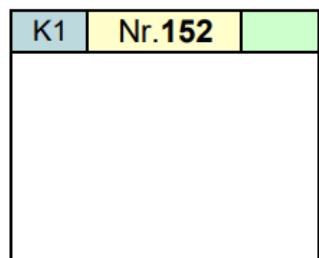
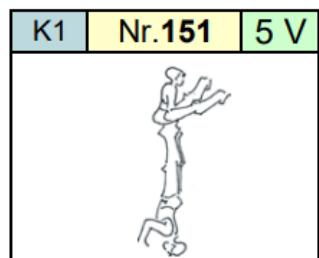
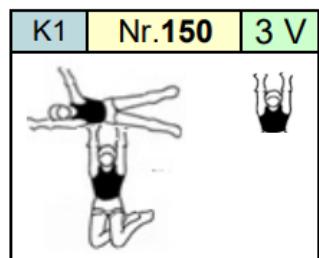
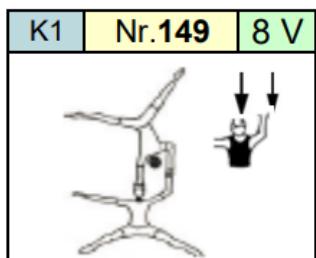
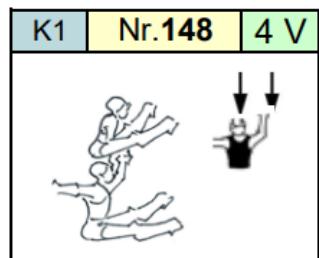
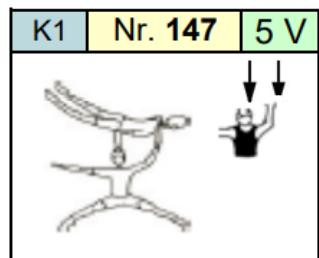
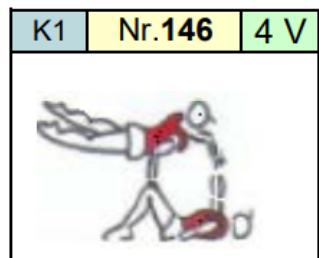
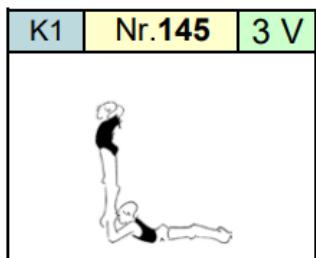




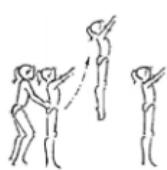








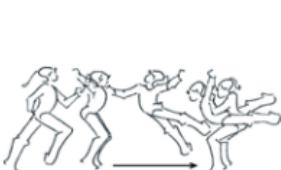
D Nr.169 1 V



G Nr.170 2 V



G Nr.171 3 V



D Nr.172 5 V



D Nr.173 3 V



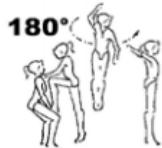
A Nr.174 1 V



D Nr.175 2 V



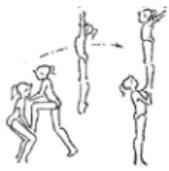
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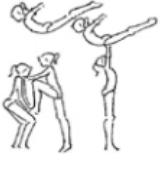
G Nr.177 2 V



G Nr.178 5 V



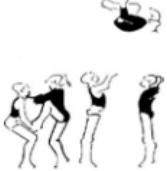
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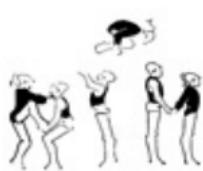
G Nr.180 7 V



D Nr.181 6 V



D Nr.182 7 V



D Nr.183 4 V



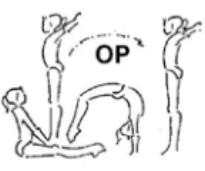
D Nr.184 5 V



D Nr.185 2 V



D Nr.186 4 V



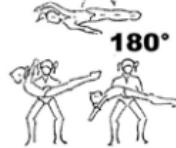
G Nr.187 2 V



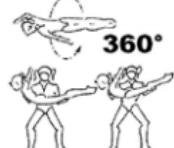
G Nr.188 3 V



G Nr.189 3 V



G Nr.190 5 V



G Nr.191 4 V



G Nr.192 5 V

