

## Acrobatic Technical Committee

DATE: 13<sup>th</sup> May 2022

### 1. NDP10 Update

The NDP10 V1.2 and the Disability NDP10 V1.1 are published on the BG website in the following location:

[https://www.british-gymnastics.org/gymnet/downloads/coachresources#acro\\_resources](https://www.british-gymnastics.org/gymnet/downloads/coachresources#acro_resources)

Below are some additional clarifications, which will be published on the BG website alongside the NDP10.

Grade 5WG Dynamic Box D1 (ii) - Can this boosted salto be from a scoop from the floor with bases in a platform grip, or does it have to be on overhead boost supported at the shoulder and hip as pictured?	This move can be a 4/4 back or front straight salto from the following start positions - The key requirement is that the Top must start with both their feet on the floor for it to be a boosted element.
Update to Minimum Difficulty in Special Requirements Summary Table – Appendix B	<p>DIFFICULTY (YOUTH PAIRS &amp; GROUPS). MIN DV = 1 MAX DV = 5 D Score = 0.1 – 0.5</p> <p>DIFFICULTY IDP BALANCE MIN DV = 10 MAX DV = 60(80)/90 (110) D Score = 0.1 – 0.6/0.9</p> <p>DIFFICULTY IDP DYNAMIC MIN DV = 10 MAX DV = 50(70)/80(100) D Score = 0.1 – 0.5/0.8</p>
Handstand Direction in Grade 1 Pairs A2, A3 and Grade 2 Pairs A1, Grade 2 Groups C1, C3, Grade 3 Groups C2, C3 and Grade 4 Groups C1, Grade 2 MG B1, B2, B3, C1, C3, Grade 3 A1, A2, B1, B3 and Grade 4 B1.	The handstand can be performed facing inwards or outwards in all of these elements.

### 2. Judging

The structure and content for the Club, Regional and National judging courses for Cycle 15 Acro has been agreed between BG and the TC ready to commence its development. The priority for all disciplines and BG until now has been the re-validation of existing judges, which is now complete for Acrobatics. The roll out of judging courses for new judges will be Club and Regional followed by National and this is scheduled to start at the back end of 2022.

It is possible for GBR gymnasts who have competed at a Senior level to apply to the TC (via the Chair and the National Judging Convenor), to be fast tracked onto the National Judging course.

Following the recent Brevet Course there were a number of clarifications provided and the TC is currently preparing a summary of these clarifications for judges and coaches. Once these clarifications are published on the BG website in the following location: [https://www.british-gymnastics.org/gymnet/downloads/coachresources#acro\\_resources](https://www.british-gymnastics.org/gymnet/downloads/coachresources#acro_resources) they will be applied to all British competitions.

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### 3. NPRG Meeting Date

The NPRG meeting will Take place on Sunday 18th September – details on location and timings to follow.

### 4. Acrobatic Technical Committee Coaching Panel (TCCP)

The TCCP have been reviewing the NDP10 and working with the TC to look at how to develop the NDP for next cycle. In addition there may be some small changes implemented during this cycle to increase participation and aid development through the Grades, such as:

- Introducing a minimum difficulty for IDP
- Creating an Out of Age category
- Increasing the maximum age of Youth category
- Reducing the number of MG Elements with 2 Tops working at Grade 3 and 4
- Increasing the range of flexibility elements to support the development of boys.

The TC is also currently looking at ways to increase the participation of disciplines which currently have low entries at National Finals, specifically MP and MG.

### 5. Coaching

There is a plan to hold an Acrobatic SCC (Level 4) and a HPC coaching course in the Autumn of 2022. Any coach interested in this level of course should register their interest via the following link:

<https://www.british-gymnastics.org/coaching/coach-membership/course-interest-form?postcode=&distance=00&level=Coaching&discipline=Acro>

### 6. Performance

BG has started preparing documentation to recruit a new National Coach for Acrobatics with the aim being to have made an appointment by the end of the summer.

BG delivered an interactive session on growth and maturation in acrobatic gymnastics on Friday 27<sup>th</sup> May. This session included instructions on how to use the growth spurt tracker as a tool for tracking growth spurts in gymnasts. If anyone was unable to attend the session, please contact Joy Fern (joy.fern@british-gymnastics.org).

British Gymnastics has recently partnered with BEAT, an eating disorder charity. The overall aim of the partnership is to support and educate gymnasts, parents and coaches to understand eating disorders, symptoms, when to report and how to avoid any harm. With this in mind, BEAT will be providing in person education sessions to gymnasts and, coaches and parents in the future. If you have any questions, please do not hesitate to contact [tejal.patel@british-gymnastics.org](mailto:tejal.patel@british-gymnastics.org) for further information.

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British Gymnastics has also been working with Gordon MacLelland who specialises in “Working with Parents in Sport” and these sessions will be available over the next few months.

### 7. FIG Code 2022-2024 and Newsletters

The FIG has published a 2<sup>nd</sup> Acrobatic newsletter which can be downloaded from:

<https://www.gymnastics.sport/site/pages/newsletters-acro.php>

### 8. National Calendar 2022 / 2023

- World Cup, Poland – 3<sup>rd</sup>-5<sup>th</sup> June 2022
- NPRG – 18<sup>th</sup> September 2022
- World Cup, Germany – 3<sup>rd</sup> – 6<sup>th</sup> November 2022
- British Championships, Fenton Manor – 12<sup>th</sup> – 13<sup>th</sup> November 2022
- English Championships, Newton Aycliffe - TBC
- National Finals, Fenton Manor – 13<sup>th</sup> - 14<sup>th</sup> May 2023
- Trial for European Championships – *Proposed date 15<sup>th</sup>/16<sup>th</sup> July, TBC*
- British Championships, Liverpool – 25<sup>th</sup> -30<sup>th</sup> July 2023
- PWC, Fenton Manor- 25<sup>th</sup> -26<sup>th</sup> November 2023