

## Acrobatic Technical Committee

DATE: 18<sup>th</sup> September 2022

### 1. National Planning and Review Meeting (NPRG)

The Acrobatic NPRG took place on the 18<sup>th</sup> September at Lilleshall national Sports centre. All Regional TC Chairs and Competition Organisers were invited to the meeting. The slides and minutes of this meeting are available in the following location on the BG website.

[NPRG Meeting Minutes and Slide Set 2022](#)

### 2. Performance Department Policies

The Performance department have recently created and published some helpful guidance on the following topics: flexibility training, hydration, pain & injury management and more.

<https://www.british-gymnastics.org/club-hub>

### 3. Coaching Course

If anyone is interested in their club being considered as a venue for a coaching course then please email [education@british-gymnastics.org](mailto:education@british-gymnastics.org) this request will be forwarded to the right course organiser (CO) who will assess need for additional venues within the region. If there is need for additional venues the CO will liaise with them to complete the venue approval form, ensuring all the necessary equipment etc is in place to host courses.

### 4. Acrobatic Judging Update

The TC has recently published an Acrobatic Judging Update. (See link below).

[Cycle 15 Judging Clarifications - No 1 - September 2022](#)

This document has been created:

- a) To capture clarifications that have not been included in FIG newsletters
- b) To make clear any clarifications that apply to NDP10

Although this document is targeted at judges, it is strongly recommended that coaches are familiar with its content. These will be applied in competition as of the **1<sup>st</sup> October 2022**.

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

The Acrobatic TC has created a coaching panel subgroup whose role is to work with and on behalf of the Acrobatic Technical Committee (ATC).

The appointed Chairman of the TCCP is Ian Said, who is also co-opted onto the TC and is the point of contact for any coaching queries.

TCCP Chair email: [ian4gym@gmail.com](mailto:ian4gym@gmail.com)

## Acrobatic Technical Committee

### 6. Competition Handbook 2023

The competition handbook for 2023 is currently being finalised however the following points should be noted:

- Registration - Will take place in the warm-up hall rather than in the main arena
- Music – Will be available to gymnasts during podium training, if desired
- Kiss & Cry - No videoing or photography is allowed in the field of play especially from the Kiss & Cry
- Competition attire – No crop tops allowed in the warm-up hall or podium training
- Tariff Sheets - Coaches must provide their contact details on Tariff Sheets
- Withdrawals - Must be sent to the National Competition Organiser
- Competitor seating- the designated competitor seating must be used by the gymnasts not the spectator seats
- Regional kit - Club kit cannot be used at National Finals
- Regional qualifiers – Dates of Regional qualifiers must be sent to the National Competition Organiser as soon as they are known
- Regional Results - a complete set of scores must be sent to the National Competition Organiser with finals' entries
- Coach attire – No shorts allowed, long trousers/legging only

National Competition Organiser email: [acrobatic.competitions@british-gymnastics.org](mailto:acrobatic.competitions@british-gymnastics.org)

### 7. NDP10 and Acro Companion 2023

A contract has been signed with Acro Companion to include the NDP10. This means that for British Championships, National Finals and the Pat Wade Classic, the Tariff Sheets will be provided through BG.

- IDP 1 and 2 and Grades 1-5 will all be included.
- For Youth we need to move to full international rules, so a bespoke version is not possible in Acro Companion. The changes for Youth are included in the NPRG Slides. The changes will be in force as soon as Acro Companion is available, so they need to be communicated now but should not be applied (penalised) this year.
- The target is for Acro Companion to be available by January 2023. Therefore a contact email address will be needed for all clubs to access Acro Companion and a request from the National Competition Organiser will be sent out shortly in order to collate this information for use with Acro Companion.

## Acrobatic Technical Committee

The TC is planning on introducing a minimum difficulty for IDP2 , which will be applied from the **1<sup>st</sup> Jan 2023**. Anyone who has competed at IDP2 in this Cycle (Cycle 15) will be able to compete in IDP1 due to the introduction of the minimum difficulty in IDP2.

**IDP2 must have at least the IDP1 Difficulty in all routines: Bal-60v; Dyn-50v.**

### 8. National Calendar 2023

- English Championships – 15<sup>th</sup> – 16<sup>th</sup> April (pre-selection event for European Championships)

Due to the financial constraints on BG currently there is a proposal to move the 2023 British Championships. The current proposed dates are as follows, but these are not yet confirmed:

- British Championships - 8<sup>th</sup> -9<sup>th</sup> July (1<sup>st</sup> Trial for European Championships)
- Control Event – 22<sup>nd</sup> – 23<sup>rd</sup> July (2<sup>nd</sup> Trial for European Championships)
- Pat Wade Classic – 25<sup>th</sup> – 26<sup>th</sup> November