



Las Vegas (USA), September 2015

Clarifications, Questions and Answers

Question: Can a round off be used multiple times in a balance exercise and in an 11 – 16 dynamic exercise?

Answer: In **All exercises** individual elements (of the appropriate category) in a series **must** be declared on the tariff sheet and will receive difficulty.

So, in a balance exercise the round off can be used multiple times as it is not considered as an element as only category 1 elements are characteristic.

However, in a dynamic and combined exercise it may only be used only **ONE** time.

Remember - If an individual element is repeated, or not declared, the element(s) that follow are also given no difficulty.

Question: In the **11 – 16** Age Group do we add +1 to handstand positions with legs together?

Answer: No – on page 9, WAG Competition Rules, Article 5.10 applies to ALL handstand shapes (including Mexican). For developmental reasons either position is allowed and the +1 is **NOT** added to the difficulty of the element.

Clarification: Individual elements with a variation including an A, B, C, D, etc. ID code are classed as **different** elements as the ID codes are not identical.

Clarification: Handspring to Knee (133B in TOD) must go **immediately** to knee – it is not allowed to land on one foot and step to knee.

World Cup – Varna, BUL, and 7th – 9th May 2015

In a first for the International Gymnastics Federation (FIG), World Cup competitions in Acrobatic and Artistic Gymnastics in Varna (BUL) were held concurrently in the same arena, with the finals show casing first one discipline, then the other.

The idea of combining the disciplines on the World Cup level has not been tried until now and the Varna World Cup represents a first for both disciplines.

"As we consider how we would like our competition formats to evolve, we feel that trying this is an important step," said FIG Secretary General **André Gueisbuhler**, who was in attendance at the **Varna Palace of Culture and Sport** for the weekend competition, along with FIG President **Bruno Grandi**. "The audience will be able to benefit from seeing more than just one form of Gymnastics, which will energize the atmosphere for both the spectators and the athletes."

Acrobatic Gymnastics has gained recognition and admiration in recent years thanks to the success of elite Acro Troupes like **Spelbound** (GBR), **AcroArmy** (USA), **The Art Gym Company** (POR) and **Art Acrobatics** (BEL), which have won or placed highly on their country's respective "Got Talent" TV shows. In addition, Brazil's best Acro gymnasts performed as part of the opening ceremonies at the 2014 World Cup and their body-bending skills generated plenty of buzz.

But while its videos enjoy a healthy online popularity, Acro misses out from not being part of the Olympic Games. Funding for non-Olympic disciplines is scarce in many countries and contributes



to a talent drain as athletes leave the sport to sign with professional performance companies like **Cirque du Soleil**.

Combining the Acro and Artistic World Cups is likely to elevate Acro's exposure to potential fans and attract gymnasts to the discipline, Gueisbuhler added.



*FIG President **Bruno Grandi** (ITA), second from right, and FIG Secretary General **André Gueisbuhler**, far left, with Bulgarian Gymnastics officials, including Bulgarian Federation President **Jordan Jovtchev**, a six-time Olympian, in Varna.*

China dominates final FIG Acro World Cup of the season

Geneva, SUI, 14th – 16th May 2015

In their only FIG Acrobatic Gymnastics World Cup outing of the year, Chinese gymnasts took three of five titles before a packed arena at the first-ever Acro World Cup in Geneva (SUI).

In the absence of the now retired two-time World Champion Men's Group, a new quad -- Li Zheng, Rui Liuming, Zhou Jiahui and Zhang Teng -- stepped up to win their first World Cup title in spectacular fashion, outscoring teams from Israel and Germany.

Their goal is clear: Get to next year's World Championships in China, and win again. "We're very excited about performing at home," said Zhang, at 21 one of the leaders of the team. "What we can do now is to train hard and prepare and look forward to the World Championships."

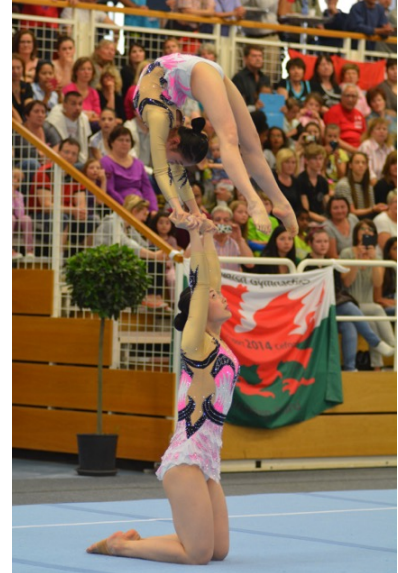


Elsewhere, Women's Pair Mo Zhixin and Zhang Zhiyun jumped from fourth after qualification to finish first in finals, over Britain's Bethann Dix and Chloe Gunter and Russians Diana Vikhryanova and Darina Kriuchkova.

Men's pair Alexander Kvasov and Andrei Charikov (RUS), the top Men's duo on the World Cup circuit all season, continued their run of strength in Geneva, finishing first over Britain's Rob Bates and Chris Child, while Christian Morales and Kevin Garcia (PUR) popped in above the more experienced Sultanbek Naisbayev and Daniyar Muslimov for bronze.



Bottom: Christian Morales and Kevin Garcia (PUR).



Mo Zhixin and Zhang Zhiyun (CHN).

In Mixed Pairs, the U.S.'s Kiley Boynton and Ryan Ward, reigning World bronze medallists, became the first American pair to win a FIG World Cup series title, sealing their victory with a win in Geneva. Senior level newcomers Ekaterina Vdovina and Maksim Soprunov were second in Geneva, followed by Germany's Sophie Bruchmann and Nikolai Rein.

China's Li Run, Yang Xiaoyi and Xia Zhimeng's marionette-themed routine, complete with breathtaking holds and one gasp-worthy moment in which the Trio faked toppling over, was the winner of the Women's Trio final. Former World medallist Valeriia Belkina (RUS), now with new partners Zhanna Parkhometc and Yulia Nikitina, earned the silver, followed by Margarida Fernandes, Raquel de Sousa Martins and Beatriz Guelfao (POR)

Ecuador hosts its first FIG Academy

Ecuador hosted the overall fourth Spanish language **FIG Academy for Acrobatic Gymnastics** in the capital city of Guayaquil during the last week of May 2015. This was a Level 1 Academy, the 11th Academy for that discipline and the 199th overall. Six of these eleven Acrobatic Academies have been hosted by countries of the **Pan American Gymnastics Union (PAGU)** and this bodes for a good future for that discipline on that continent. With this event, Ecuador becomes the 63rd FIG member federation to host an Academy.

Nineteen coaches representing six countries – **Brazil, Chile, Ecuador, Mexico, Peru and Puerto Rico** – participated in this Academy.



This Academy was partially funded by the FIG Development Fund for the Pan-American Gymnastics Union and all Spanish speaking FIG member federations were invited. PAGU has used a significant portion of the money from the **FIG Development Fund** annually to subsidize the attendance of coaches at Academies and that policy has been enormously successful.

The course leader was **Lilia Ortiz Lopez** of Mexico who has served frequently as FIG expert at Academies and Age Group programme sessions. She taught most of the theory lectures and artistic preparation. Two other experts came from Europe to teach at this Academy. **Lourenço França** of Portugal who coaches the Portuguese National Team taught technical lectures and biomechanics. He was joined by **Jorge Mendez**, one of Spain's national coaches and who served as a FIG expert for the first time.



Academy participants and tutors

Viviana Vargas of Ecuador received the highest mark of 88%. She was followed by **Christian Del Valle Castillo** of Puerto Rico and a three-way tie for third place by the other three Puerto Rico candidates – **Yarimel Casillas**, **Ishyra Garcia** and **Joseph Gonzalez**.

FIG Acrobatic Gymnastics Academy Level 2, Ghent, BEL, 25th July – 2nd August 2015

Belgium hosted the twelfth FIG Academy for Acrobatic Gymnastics in the picturesque city of Ghent during the last week of July. The technical lectures were held in the wonderful facilities of the High Performance Gymnastics Hall (Topsporthal) in Ghent. This was a Level 2 Academy, and it was combined with an Academy for Women's Artistic Gymnastics held in the same venue at the same time. Some of the experts were shared between the two Academies.

Fifteen coaches representing seven countries – **Belgium, Spain, Finland, Hungary, Israel, Netherlands** and **USA** – participated in this Academy. Of them, Finland, Hungary, Israel and Netherlands attended an Academy for Acrobatic Gymnastics for the first time and that brings to thirty-four the number of federations that have attended an FIG Academy for this discipline.

The course leader was **Lourenço França** of Portugal who coaches the Portuguese National Team and has been a frequent Academy expert. He served simultaneously as the course leader for the concurrent Academy for Women's Artistic Gymnastics and all of the theory lectures and helped with the acrobatic technical lectures. The main technical expert was Belgian national coach **Sergey Treyakov**. Renowned acrobatic and women's choreographer, **Irina Shadrina** of Russia who works with both Belgian teams taught the choreography lessons for both disciplines. **Lilia Ortiz López** of Mexico was there to serve as technical lecturer for the women's Academy but also taught the newly developed music lectures for the acrobatic coaches as well.



The three-part examination proved quite challenging because not many participants were very familiar with this discipline. The examination includes a theory examination and a two-part practical examination where the candidates must demonstrate the ability to teach an individual element and a group element. However, most achieved satisfactory results and some received excellent results. **Tom Boons** of Belgium received the highest mark of 92%. He was followed by **Marie Annonson** of the USA and by Dora Meleg of Hungary.

USA Gymnastics Hall of Fame:

2010 Acro World Champions Kristin Allen and Michael Rodrigues were inducted into the USA Gymnastics Hall of Fame at a ceremony which took place in Indianapolis, Indiana in August.

Allen and Rodrigues trained together at West Coast Training Center under head coach Marie Annonson. In addition to their World Championship title, they won the USA's first World Games gold medal in acrobatic gymnastics as a mixed pair in 2009. Previously, they captured the silver medal at the 2008 World Championships.

Domestically, the duo won national titles in 2008 and 2010. Following the 2010 Worlds, Allen and Rodrigues were a featured hand-to-hand act in Cirque du Soleil's "Viva Elvis" in Las Vegas. They were the U.S. Acro Athletes of the Year in 2009.

Allen has recently appeared on the BBC show "Tumble," as well as on Broadway in "Pippin."

Rodrigues, who has been on the USA Gymnastics Board of Directors as an athlete representative now coaches at West Coast Training Center.





PAGU Acrobatics Judges Course

Judges from 4 countries, Brazil, Mexico, Netherlands and Puerto Rico arrived in San Juan, Puerto Rico in early July for the first PAGU Acrobatics Judges Course. The course was taught by Ms. Tonya Case, FIG ACRO TC Vice President.

The host hotel was only a short walk from the beautiful beaches of San Juan. So the candidates enjoyed the the opportunity to mix studying and exams with beach time opportunity.



Most of the candidates were coaches. And they had many questions about the new rules effective from January 1, 2015. Otherwise they were well prepared to discuss the materials presented and eager to earn a FIG brevet.

All of them achieved an excellent result in at least one aspect of the course. And all 12 candidates passed the course. (The highest results from the Judges course were for Cindy de Mare - and she achieved excellent in every aspect of the course.)

Congratulations to all the new judges.

New Element Requests

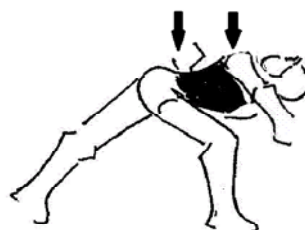
Please note: All new element requests that have been granted and evaluated this cycle **may or may not** be included in the new Tables of Difficulty (2017 – 2021) and / or the values may be significantly different.

The following element was submitted for evaluation in 2014 and the decision was **not** published, therefore, this element has value from **IMMEDIATE EFFECT**.



Base Position = 2v

Top Position = 1v





The following elements will be eligible for performance and have the value indicated from 1st January 2016.

Page 131 TOD MG Dynamic

Please add the following correction to the twisting table:

		A	B	C	D	E	F	G	H
	Twist	180°	360°	540°	720°	900	1080	1260	1440
1	0/4								
2	1/4	1	2	3	4	5	6	7	8
3	2/4	2	4	8	10	14	16		
4	3/4	1	2	3	4	5	6	7	8
5	4/4	2	8	10	12	14	16	20	24
6	5/4	1	2	3	4	5	7	9	12
7	6/4	4	6	10	12	16	18		
8	7/4	2	4	6	8	12	16	20	24
9	8/4	3	9	12	15	18	21		
10	9/4								
11	10/4	8	10	14	18	22	26		
12	11/4								
13	12/4	10							

Women's Group Balance Element

Base Value = 3

Top Value = 1






Pair Dynamic Element – Page 49 TOD





Front 11/4			
Start - 29	Finish - N	Position	Value
			27
			31






Pair Dynamic Element – Page 49 TOD

Front 14/4			
Start - 29	Finish - F	Position	Value
			42

Pair Dynamic Element – Page 49 TOD

Front 8/4			
Start - 29	Finish - VA	Position	Value
			32
			36

Pair Dynamic Element – Page 57 TOD

Front 15/4			
Start - 71	Finish - N	Position	Value
			48

Page 32 – Start Position Mount Position C

Please add the following start position to box C





New Top Position – D2

The following **new top** position has been agreed and will receive **16** values.



						B1						
A						C						
							D				D1	
B						E				E 1		

Trio Balance

Base Position = 4v

Top Position: Page 60, Tab 2. Value F – B Motion 3v + Static 7v

Total = 14 Value





Note from Blythe Lawrence - member of the media team at the FIG:

When something happens in the World of Acro, we totally want to hear about it. We'll do articles for the FIG website. We'll work with you to arrange interviews. We'll share the news on Facebook and Twitter. Sending us news of honors gymnasts receive, of cool things they're doing when they aren't in the gym, their special projects, anything unusual would be excellent. Please contact me at: blawrence@fig-gymnastics.org

FIG Acrobatic Calendar

European Championships – Riesa, GER, 23rd September – 5th October 2015

World Championships and WAGC 2016 – Putian, China, 21st March – 5th April 2016

World Cup – Puurs, BEL – 9th – 14th February, 2016

World Cup – Maia Cup, POR – 4th – 7th March, 2016

World Cup – POL. 5th – 10th October, 2016

Rosy TAEYMANS,

President of the Acrobatic Gymnastics Technical Committee.

Karl Wharton, Secretary