

INVITATION

**3. Grazer Acro
Cup
Steirische LM**



3. Grazer Acro Cup

24th – 26th March 2023

We are pleased to invite your club/your Federation to our third International competition.

The competition is being prepared in accordance with the Austrian and the FIG regulations and rules in the following age groups and categories:

Youth, AG1 (11-16), AG2 (12-18), JUN (13-19) and SENIOR.

Provisional Schedule

Thursday	23 rd March 2023	Arrival of Delegations
Friday	24 th March 2023	Official Podium Training
Saturday	25 th March 2023	Competition all classes
Sunday	26 th March 2023	Competition all classes
Monday	27 th March 2023	Departure of Delegations

Venue information

Allgemeiner Turnverein Graz

Kastellfeldgasse 8 8010 Graz

Age Groups

Youth: 8-16 – Austrian Youth Program (last page)

AG1: min. 9 years old – max. 16 years old

AG2: min. 10 years old – max. 18 years old

JUN: min. 11 years old – max. 19 years old

SENIOR: min. 12 years old

Judges

Each team should apply at least one judge or they will be fined 250€. There is no international Judges brevet needed.

Entry Fee

Competition entry fee for:

- Youth 30€
- AG1, AG2, JUN, SEN 50€

The entry fee is not refundable!

Deadlines

Provisional entry – 18th December 2022

Definitve entry – 28th January 2023

Nominative entry – 24th February 2023

Entry Fee – 28th January 2023

Accomodation – 28th January 2023

Music – 24th February 2023

Tariff sheets – 11 March 2023

Accomodation

Best Western Plus Plaza Hotel Graz (15min walking distance to venue)

(<https://www.bestwestern.de/hotels/Graz/Best-Western-Plus-Plaza-Hotel-Graz?iata=00167770>)

Single Room

105€ incl. breakfast and local tax

Double Room

60€ per person incl. breakfast and local tax

Tripple Room (limited availability! First come first served)

45€ per person incl. breakfast and local tax

There is the possibility to take a halfboard (**breakfast + dinner**) for additional **25€** per person and day.

The hotel and venue are located at the city centre of Graz. There are multiple other options of supermarkets and restaurants.

Free cancelation off he hotel up to 6 weeks prior the stay!

Ofcourse there is the possibility to organize the hotel + melas on your own.

Transportation

There is no transportation between hotel and venue.

Transportation from airport, train station on request!

Airport Vienna – 2h30m to venue

Airport Graz – 20min to venue

Insurance

Each competitor **MUST** be insured at their own expense! The organizer cannot be held responsible.

Equipment

Competition floor: Bänfer (blue surface)

Warm-up floor: Spieth (blue surface) and Gymnova (beige surface)

Contact

Club: **Allgemeiner Turnverein Graz**

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Bank Details

Allgemeiner Turnverein Graz

IBAN: AT312081500000083386

BIC/SWIFT: STSPAT2GXXX

Payment reference: Acrobatics – name of your club

All payments have to be paid with Euro!

Covid Guidelines

Everyone is allowed to attend the event at their own risk and is required to comply with the institution's policies, safety regulations and current COVID regulations. The competition will be held in accordance with any epidemiological rules, of which the organizer will inform the participants before the final entry deadline. The presence of spectators at the competition, the restrictions on spectators' entry and the vaccination and testing obligations of delegations (vaccination certificate and / or PCR test or on-site rapid antigen test) will depend on the epidemiological rules in force and the organizer's preliminary provisions. The cost of any testing obligation should be borne by the participating delegations.

YOUTH RULES

General rules:

- Each pair or group must present a combined exercise, which must be choreographed and performed to music (with or without lyrics).
- The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected from the FIG ToD.
- Music of all exercises has a maximum duration of 2'30". There is no minimum length. The first note of the music indicates the beginning of the time of the exercise.
- There is no height penalty!
- Each pair/group must perform the elements as in the drawings.
- Each pair/group must also perform the required number of optional elements. Optional Elements can be the same as in the Compulsory Tables but not from the same row used in Compulsory and must be chosen out of the Tables of Difficulty. (to indicate that this is the optional element).
- Each element chosen from the Compulsory Difficulty Tables has a stated difficulty value, which is used to determine the Difficulty Value of the exercise.
- Optional elements are NOT used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.
- The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,5.

- A penalty of 1.0 is applied when:
 - For each missing requirement.
 - Performing more elements than the ones required.
 - A pair/group or individual element exceeds the stated maximum value.
 - A simple element exceeds the maximum number of rotations, twists or the maximum value of 5.
 - A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

- In the whole exercise, exactly 4 individual elements must be executed by each partner. 2 from any Balance/Flexibility/Agility category and 2 from the Dynamic category. No salto is required.
- Tumbling elements (Flic flac, salto's, handspring...) must be preceded by motion (run-up, round off...) and land on one or two feet according to the character of the element. If an individual element is not declared, the element that follows is given no difficulty.

- Each pair or group may use simple entries, motions, links, catches and dismounts.
- A penalty of 0.3 is applied for incorrect Tariff Sheet (element order). This penalty is applied only one time per exercise.
- All Special Requirements must be met within the declared elements on the Tariff sheet.

Exception: If a different element is performed than declared for difficulty

on the Tariff sheet, the gymnasts will not receive the difficulty value of this element but it will count for SR.

Only 2 dismounts are allowed for difficulty.

- A maximum of 3 dismounts in the exercise are allowed.
- All the landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 0.5 penalty is applied for each occurrence.

Exceptions: Support is optional for dismounts from “cannon-ball” elements and the 5/4 gainer salto from wrap.

Pairs exercise:

- There must be exactly two (2) Compulsory Balance Pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table
- There must be exactly one (1) Optional Balance Pair element selected from the FIG Tables of Difficulty.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

Pairs restrictions:

- The difficulty of the Optional Dynamic Elements must be a minimum of 1 value and a maximum of value 14.
- The difficulty of the optional balance element must be a minimum of value 1

Groups exercise:

- There must be one (1) Compulsory Pyramid from a row of the Compulsory Element Table.
- There must be one (1) Optional pyramid selected from the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top).
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.